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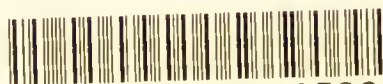


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the whole of this Work; which contains every Instruc-  
tion that relates to the pleasing of the Palate, and the  
Preservation of that inestimable Blessing, HEALTH.

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Written by Mrs. FISHER, of RICHMOND.

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The FOURTH EDITION, with Additions.

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## *Useful Directions for Marketing, &c.*

### *How to chuse Venison.*

**T**R Y the haunches or shoulders under the bones that come out, with your finger knife, and as the scent is sweet or rank, it is new or stale; and the like of the sides, the most fleshy parts; if tainted, they will look greenish in some places, or very black. Look on the hoofs, and if the clefts are very wide and rough, it is old; if close and smooth, it is young.

### *The season for Venison.*

The Buck Venison begins in May, and is in season till Allhallaw's Day; the Doe is in season from Michaelmas to the end of December, and sometimes to the end of January.

### *How to chuse Lamb.*

In chusing a lamb's head, observe the eyes; if they are wrinkled, or sunk in, it is stale; if lively and plump it is new and sweet. In a fore-quarter, take notice of the neck-vein, and if it is a sky-blue, it is sweet and good; but if inclined to green or yellow, it is almost, if not quite tainted. In a hind quarter, if it has a faintish smell under the kidney, and the knuckle be limber, it is stale.

### *How to chuse Mutton.*

When Mutton is old, the flesh in pinching will wrinkle, and remain so; but if young the flesh will pinch tender, and the fat will easily part from the lean; but if old it will stick by skins and strings. The flesh of ewe mutton is paler than wether mutton, is easier parted, and has a closer grain. When the flesh has a palid whiteness, inclining to yellow, and is loose at the bone, you have reason to expect it being rotten, or inclining that way. To know whether it be new or stale, observe the direction in chusing lamb.

*How to chuse Veal.*

If the bloody vein in the shoulder looks blue or a fine red it is new killed ; but if blackish, greenish, or yellowish, it is stale. The loin first taints under the kidney, and the flesh if stale will be soft and slimy.

The neck and breast taint first at the upper end, and you will perceive some dusky, yellowish, or greenish appearance, the sweetbread on the breast will be clammy, otherwise it will be fresh and good.

The leg is known to be new by the stiffness of the joints, if limber, the flesh clammy, and has green or yellow spots, it is stale. The head is known as the lamb's. The flesh of of a bull-calf is redder and firmer than that of a cow-calf, and the fat harder.

*To chuse Beef.*

Right Ox Beef has an open grain ; if young, a tender and oily smoothness ; if old it is tough and spongy, except the neck, brisket, and such parts as are very fibrous : which in young meat will be more rough than in other parts. A sort of a carnation colour betokens good spending meat ; the fuet a curious white ; yellow is not so good.

Cow Beef is less bound, and closer grained than the ox, the fat whiter, but the lean somewhat paler ; if young, the dent you make with your finger will rise again in a little time.

Bull Beef is of a closer grain, a deep dusky red, tough in pinching ; the fat skiunny, hard, and has a rankish smell ; and for newness or staleness this flesh has but few signs, the more material is its clamminess, and the rest your smell will inform you. If it be bruised, those places will look more dusky or blackish than the rest.

*To chuse Pork.*

If it be young the lean will break in pinching between your fingers, and if you nip the skin with your nails, it will mak a dent, also if the fat be soft and pulpy, in a manner like lard, if the lean be tough, and the fat flabby and spongy, feeling rough, it is old ; especially if the rind be stubborn, and yo cannot nip it with your nail.

If of a boar, though young, or of a hog gelded at full growth, the flesh will be hard, tough, reddish, and of a rank

rank smell, the fat skinny and hard, the skin thick and tough, and pinched up will immediately fall again.

To know whether it be new killed, try the legs, hands, and springs, by putting your fingers under the bone that comes out, for if it be tainted, you will find it by smelling your fingers; besides, the skin will be sweaty and clammy when stale, but cool and smooth when new.

If you find many little kernels in the fat, like small shot, it is measly and dangerous to eat.

#### *To chuse Brawn.*

Thick Brawn is old, the moderate is young. If the rhind and fat be very tender it is not boar brawn, but barrow or sow.

#### *To chuse Hams.*

Put a knife under the bone that sticks out of the ham, and if it comes out clean, and has a pretty good flavour, it is sweet and good; if much smeared and dulled, it is tainted and rusty.

#### *How to chuse Bacon.*

If the fat be white, oily in feeling, and does not break or crumble, and the flesh sticks well to the bones, and bears a good colour, it is good; but if the contrary, and the lean has some little streaks of yellow, it is rusty, or will soon be so.

#### *To chuse Butter.*

When you buy butter, trust not that which will be given you to taste, but try in the middle, and if your smell and taste be good, you cannot be deceived.

#### *To chuse Cheese.*

Cheese is to be chosen by its moist and smooth coat; if old cheese be rough coated, rugged, or dry at top, beware of little worms or mites. If it be all over full of holes, moist or spongy, it is subject to maggots. If any soft or perished place appear on the outside, try how deep it goes, for the greater part may be hid within.

#### *To chuse Eggs.*

Hold the great end to your tongue, if it feels warm it is new, if cold it is bad; and so in proportion to the heat and cold, so is the goodness of the egg. Another way to know

know a good egg is, to put the egg into a pan of cold water the fresher it be, the sooner it will all to the bottom; if rotten it will not sink at all.

*How to keep Eggs good.*

Place them all with the small end downwards in fine wood ashes, turning them once a week end-ways, and they will keep some months.

*How to chuse Poultry.*

A Cock or Capon, &c. if they are young, their spurs are short and dubbed, but take particular notice they are not pared or scraped.

If the Hen is old, her legs and comb are rough; if young smooth.

A Turkey. If the Cock be young his legs will be black and smooth, and his spurs short; if stale, his eyes will be sunk in his head, and his feet dry; if new, the eyes lively and limber.

For the Hen observe the same directions; and if she is with egg, she will have a soft open vent; if not, a hard close one.

A Goose. If the bill is yellowish, and has but few hairs it is young; but if full of hairs, and the bill and foot red, it is old; if fresh, limber-footed; if stale, dry-footed.

Ducks, wild or tame. If fresh, limber-footed; if stale, dry-footed.

A true wild duck has a reddish foot, and smaller than the tame one.

*To chuse a Rabbit or Coney.*

If a Rabbit be old, the claws will be very long and rough and grey hairs intermixed with the wool; but if young the claws and wool smooth; if stale, it will be limber, and the flesh will look blueish having a kind of slime upon it; but if fresh it will be stiff and the flesh white and dry.

*How to chuse Pigeons, &c.*

The Dove-house pigeons, when old, are red-legged; when new and fat, limber footed and feel open in the vent, when stale their vents are green and flabby.

*How to chuse Fish.*

Salmon, Whiting, Pike, Trout, Carp, Tench, Grayling, Barbel,



Barbel, Chub, Ruff, Eel, Smelt, Shad, &c. All these are known to be new or stale by the colour of their gills; their easiness or hardness to open, the hanging or keeping up their fins, the standing out or sinking of their eyes, &c. or by their smell.

Turbot. He is chosen by his thickness; and if his belly be of a cream colour, it is good; but if thin, and his belly of a blueish white, he will eat very bad.

Cod and Codling. Chuse them by their thickness towards the head, and the whiteness of the flesh when cut.

Ling. For dried Ling, chuse that which is thickest in the neck, and the flesh of the brightest yellow.

Scate and Thornback. Chuse them by their thickness; and the she-skate is always the sweetest, especially if large.

Soals. These are chosen by their thickness and stiffness; when their bellies are of a cream colour, they spend the firmer.

Sturgeon. If it cuts without crumbling, and the veins and gristle give a true blue where they appear, and the flesh a perfect white, then conclude it to be good.

Mackarel and Fresh Herrings. If the gills are of a fine shining redness, their eyes stand full and the fish is stiff, then they are new, but if dusky or faded, or sinking and wrinkled, and the tails limber, they are stale.

Flounders and Plaice. If they are stiff, and their eyes be not sunk, they are new; the contrary when stale. The best sort of plaice looks blueish on the belly.

Lobsters. Chuse them by their weight, the heaviest are the best, if no water be in them; if new, the tail will fly up like a spring; if full, the middle of the tail will be of hard, reddish, skinned meat.

Prawns, Shrimps, and Crab-fish. The two first if stale, will cast a bad scent, their colour fading, and they slimy; otherwise they are good.

The latter, if stale is limber in their claws and joints, their red colour turned blackish and dusky, and a bad smell under their throats.

Pickled Salmon. If the flesh feels oily, the scales stiff and shining, and it comes in fleaks, and parts without crumbling, then it is new and not otherwise.

## *The best Directions for ROASTING all Manner of Butcher's Meat, &c.*

### *For Roasting.*

**I**F you are to roast any thing very small or thin, take care to have a pretty little brisk fire, that it may be done quick and nice; if a large joint, let a good fire be laid to cake. Let it be clear at the bottom, and when your meat is half done, stir up a good brisk fire.

### *How to roast Beef.*

If a rump or sirloin do not salt it, but lay it a good way from the fire, baste it once or twice with salt and water, then with butter, flour it, and keep basting it with what drops from it. When you see the sinoak of it draws to the fire, it is near enough.

If the ribs sprinkle it with salt for half an hour, dry and flour it, then butter a piece of paper very thick, and fasten it on the beef.

N. B. Never salt your roast meat before you lay it to the fire, except the ribs) for that draws out the gravy.

If you would keep it a few days before you dress it, dry it with a clean cloth, then flour it all over, and hang it up where the air may come to it.

### *To roast Lamb or Mutton.*

The loin, the saddle of Mutton, (which is the two loins) and the chine, (which is the two necks) must be done as the Beef, but all other joints of Lamb or Mutton must not be papered; and just before you take it up, dredge it with some flour, but not too much, for that takes away all the taste of the meat.

N. B. Befure you take off the skin of a breast of Mutton before you roast it.

### *How to roast Veal.*

If a Fillet, stuff it with thyme, marjoram, parsley, and onion, a sprig of savory, a bit of lemon-peel cut very fine, nutmeg, pepper, mace, salt, crumbs of bread, four eggs, a quarter of a pound of butter or marrow, mixed with some flour to make it stiff, half of which put into the udder, and the other into holes in the fleshy part.

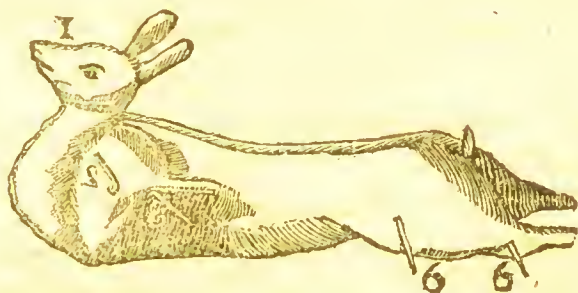
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If a shoulder, baste it with cream till half done, then flour it and baste it with butter.

The breast must be roasted with the caul on till it is enough, and the sweetbread skewered on the backside of the breast. When it is nigh enough, take off the caul, baste it and dredge it with flour. All these are to be sent to table with some melted butter, and garnished with sliced lemon.

If a loin or fillet not stuffed, be sure to paper the fat, that as little may be lost as possible. All joints are not to be laid at a distance from the fire, till soaked, then near the fire. When you lay it down baste it with good butter, (except it be the shoulder, and that may be done the same if you chuse it) when it is near enough baste it again, and dredge it with flour.

*To roast a Hare.*



One side being larded, spit it without larding the other, and while it is roasting, baste it with milk or cream, then serve it with thick claret sauce.

*Another Way.*

Take some liver of a Hare, some fat bacon, grated bread, an anchovy, shallot, winter-savoury and some nutmeg; beat these into a paste and put them into the belly of the Hare; baste the Hare with stale beer, put a piece of bacon in the pan, when it is half roasted, baste it with butter. For sauce, take melted butter and some winter savoury.

*Another Way.*

Set and lard it with bacon; make for it a pudding of grated bread, the heart and liver being parboiled and chop  
B ped

ped with beef suet and sweet herbs, mixt with marrow cream, spice and eggs, then sew up the belly and roast it. When it is roasted let your butter be drawn up with cream, gravy or claret.

*To roast Rabbits.*



Lay them down to a moderate fire, baste them with good butter and dredge them with flour. Melt some good butter, and having boiled the liver with a bunch of parsley and chopped them small, put half into the butter and pour it into the dish, and garnish it with the other half.

*French Sauce for Rabbits.*

Onions minced small, fried, and mingled with mustard and pepper.

*How to roast a Pig.*

First wipe it dry with a cloth, then take a piece of butter and some crumbs of bread, of each about a quarter of a pound, some sage, thyme, sweet marjoram, pepper, salt, and nutmeg, the yolks of two eggs, mix these together and sew it up in the belly. Flour it very thick, then spit it, and put it to the fire, taking care that your fire burns well at both ends, then hang a flat iron in the middle of the grate. Continue flouring it 'till the eyes drop out, or you find the crackling hard, then wipe it with a cloth, wet it in salt and water, and baste it with butter. When the gravy begins to run put basons in the dripping pan to receive it. When you perceive it is enough, take a quarter of a pound of butter, put it into a coarse cloth, and having made a brisk fire, rub the pig over with it, till the crackling is crisp, and then take it from the fire. Cut off the head, and cut the pig in two down the back, where take out the spit.

Then



Then cut the ears off and place one at each end, and also the under jaw in two and placed one at each side, make the sauce thus:

Take some good butter, melt it, mix it with the gravy received in the basons, and the brains bruised, some dried sage shred small, pour these into the dish and serve it up.

### *How to roast Pork.*

The best way to roast a leg is first to parboil it, then skin and roast it, baste it with butter, then take some sage, shred it fine, pepper and salt, some nutmeg, a few crumbs of bread; throw all these over it the time it is roasting, then have some drawn gravy to put into the dish with the crumbs that drop from it. Some like the knuckle stuffed with onions and sage shred fine, with pepper, salt, gravy, and apple sauce to it; this they call a *mock goose*. The pring or hand of pork, if very young, roasted like a pig, eats very well, otherwise it is best boiled. The spare-rib should be basted with a little butter, some flour and some sage shred fine, and served up with apple sauce. The best way to dress pork griskins is to roast them, baste them with butter and crumbs of bread, sage, pepper, and salt, the usual sauce to these is mustard.

When you roast a loin, take a sharp penknife and cut the skin across to make the crackling eat the better. The cane you must not cut as all.

If pork is not well done, it is apt to surfeit.

### *To roast the hind quarter of a Pig Lamb Fashion.*

At the time of year when House Lamb is dear, take the hind quarter of a large pig, take off the skin and roast it and it eats like Lamb, with mint sauce or with a salad, or Seville oranges.

### *To roast a Leg of Mutton with Cock'les.*

Stuff it all over with cockles and roast it; garnish with horse radish.

### *To roast a Leg of Mutton with Oysters.*

Take a Leg about two or three days old, stuff it all over with oysters and roast it. Garnish with horse radish.

*To roast Mutton like Venison.*

Take a fat hind quarter of Mutton, and cut the leg like a haunch of Venison, rub it well with saltpetre, hang it in a moist place for two days, wiping it two or three times a day with a clean cloth, then put it into a pan, and having boiled a quarter of an ounce of all-spice in a quart of red wine, pour it boiling hot over your mutton, and cover it close for two hours, then take it out, spit it, and put it to the fire, and constantly baste it with the same liquor and butter. If you have a good quick fire, and your mutton not very large, it will be ready in an hour and a half. Then take it up and send it to table with some good gravy in one cup, and sweet sauce in another.

*A good Sauce for Teal, Mallard, Ducks, &c.*

Take a quantity of veal gravy, according to the bigness of your dish of wild fowl, seasoned with pepper and salt; squeeze in the juice of two oranges and some claret. This will serve for all sorts of wild fowl.

*To roast a Haunch of Venison.*

Take a Haunch of Venison and spit it, then take some wheat flour, and water, knead and roll it very thin, tie it over the fat part of the venison with packthread; if it be a large haunch it will take four hours roasting, and a midling haunch three hours; keep basting it all the time you roast it: when you dish it up, put some gravy in the dish and sweet sauce in a bason; half an hour before you draw your Venison take off the paste, baste it, and let it be a light brown.

*To roast a Neats Tongue.*

Take a pickled Tongue and boil it till the skin will come off, and when it is skinned, stick it with cloves about two inches asunder, then put it on a spit and wrap a veal caul over it and roast it till it is enough; then take off the caul and just froth it up, and serve it in a dish with gravy, and some venison or claret sauce in a plate; garnish it with raspings of bread sifted and lemon sliced.

*To roast a Tongue or Udder.*

Parboil your Tongue or Udder, then stick into it ten or twelve cloves, and whilst it is roasting baste it with butter. When it is ready take it up, and send it to table with some gravy and sweet sauce.

*To roast a Breast of Mutton.*

Bone the Mutton, make a savoury-forced meat for it, wash it over with the batter of eggs, then spread the forced meat on it, roll it in a collar, and bind it with a packthread, then roast it, put under it a regalia of cucumbers.

*Directions concerning Poultry.*

If your fire is not quick and clear when you lay your poultry down to roast, it will not eat near so sweet, or look so beautiful to the eye.

*How to roast a Turkey.*

Take a quarter of a pound of lean veal, some thyme, parsley, sweet marjoram, a sprig of winter savoury, a bit of lemon peel, one onion, a nutmeg grated, a drachm of mace, some salt, and half a pound of butter; cut your herbs very small, pound your meat as small as possible, and mix altogether with three eggs, and as much flour or bread as will make it of a proper consistence; then fill the crop of your Turkey with it, paper the breast, and lay it down at a good distance from the fire. When the smoke begins to draw the fire and it looks plump, baste it again and dredge it with some flour, then take it up and send it to table.

*Sauce for a roasted Turkey.*

For the sauce, take some white gravy, catchup, a few bread crumbs, and some whole pepper; let them boil well together, put to them some flour and a lump of butter, which pour upon the Turkey. You may lay round your Turkey forced meat balls. Garnish your dish with slices of Lemon.

*To roast a Goose.*

Take sage, an onion chopped small, some pepper and salt a bit of butter; mix these together, and put them in the belly of the goose, then spit it, singe it with paper, dredge it with flour and baste it with butter. When it is enough, (which is known by the legs being tender) take it up, and pour through it two glasses of red wine and serve it up in the same dish and apple sauce in a basin.

*The manner of trussing a Fowl for boiling.*

You must, when it is drawn, twist the wings till you bring the pinions under the back; and you may, if you please, inclose the liver and gizzard, one in each wing, as at 1, but they are commonly left out; then beat down the breast bone, that it may not rise above the fleshy part, then cut off the claws of the feet, and twist the legs and bring them on the outside of the thigh towards the wing, as at 2, and cut a hole on



on each side of the apron, just above the side-men, and put the joints of the leg in o the body of the fowl, as at 3,--so this is trussed without a skewer.

*A Chicken or Fowl for roasting.*



When you roast a Fowl, or Chicken, lay it down to a good fire, singe it clean with white paper, baste it with butter, and dust on some flour. As to time, a large fowl three quarters of an hour, a middling one half an hour, and a small chicken twenty minutes; but this depends intirely upon the goodness of your fire.

When your fowl is thoroughly plump, and the smoke draws from the breast to the fire, you may be sure that it is very near done. Then baste it with butter, dust on a very little flour, and as soon as it has a good froth, serve it up.

*Wild Ducks, Widgeons, or Teal.*

*Breast.*



*Back.*



Wild fowl, in general, are liked rather under done; and if your fire is very good and brisk, a duck or widgeon will be done in a quarter of an hour; for as soon as they are well hot through, they begin to loose their gravy, and if not drawn off, will eat hard. A teal is done in litle more than ten minutes.

*The Manner of trussing a Pheasant or Partridge.*

Both the pheasant and the partridge are trussed the same way, only the neck of the partridge is cut off, and the head of the pheasant is left on; the cut above shews the pheasant trussed. When it is drawn cut off the pinions, leaving only the stump bone next the breast, and pass a skewer through its point, and through the body near the back, then give the neck a turn, and passing it by the back, bring the head on the outside of the other wing bone, as at 1, and run the skewer through both, with the head standing towards the neck or rump, which you please; 2 is where the neck runs: then take the legs, with the claws on, and press them by the joints together, so as to press the lower part of the breast, then press them down between the sidesmen, and pass a skewer through all, as at 3. Remember a partridge must have the neck off, in every thing else it is trussed like a pheasant.

*The Manner of trussing a Pidgeon.*

Draw it but leave the liver, for that has no gall, then push the breast from the vent, and holding up the legs, put a skewer just between the bend of the thigh and the brown of the leg, first having turned the pinions under the back, as at 1, and see the lower joint of the biggest wings are so passed with the skewer, that the legs are between them and the body.

*To roast a Woodcock.*

When you have trussed a Woodcock, and drawn it under the legs, take out the bitter part, put in the entrails again, whilst the Woodcock is roasting, baste it with butter; set under it an earthen dish with a slice of toasted bread in it, and let the Woodcock drop upon it; your Woodcock will take about half an hour in roasting if you have a brisk fire. When you dish it up, lay the toast under it, and serve it up with sauce made of gravy and butter with some lemon, a spoonful of red wine, and pour some over the toast.

*To dress Larks.*

Truss them handsomely on the back, but neither draw them nor cut off their feet. Lard them with small lardoons, or else spit them on a wooden skewer with a small lard of bacon between two; when they are near roasted enough, dredge them with salt powdered fine and some crumbs of bread. When they are ready, rub the dish you design to serve them in with a shalot, and serve them up with pepper, verjuice and the juice of an orange, and crumbs of bread fried, and served in a plate by themselves.

Or which a sauce made of claret, the juice of two or three oranges and some shread ginger, set over a fire a short time and beat up with some butter.

You may use the same for broiled Larks, which you must open on the breasts when you lay them on the grid-iron.

*General Directions in BOILING Meat.*

**A**LL fresh meat should be put into the water boiling hot, and salt meat when the water is cold, unless you apprehend

prehend it is not corriped quite enough ; and in that case putting it into the water when hot strikes in the salt.

Chickens, Lamb, and Veal, are much whiter for being boiled in a clean linen cloth with some milk in your water.

The time sufficient for dressing different joints depends on the size of them. A leg of mutton of about seven or eight pounds will take two hours boiling ; a young fowl about half an hour ; a thick piece of beef, of twelve or fourteen pounds, will take about two hours and a half after the water boils, if you put in the beef when the water is cold, and so in proportion to the thickness and weight of the piece ; but all kinds of victuals take somewhat more time in frosty weather,

*A Leg of Lamb boiled with Chickens round it.*

When your Lamb is boiled, pour over it parsley and butter, then lay your Chickens round the Lamb, and pour over the Chickens some fricacy sauce. Garnish your dish with sippets and lemon.

*To boil a Leg of Lamb with the L in fried about it.*

When your Lamb is boiled, lay it in the dish, and pour upon it some parsley and butter, then lay your fried Lamb round it, and cut some asparagus to the bigness of pease, boil it green, and lay it round your Lamb in spoonfuls. Garnish with crisp'd parsley.

*To boil a Tongue.*

If it be a dried Tongue, it must be laid in warm water for six hours, then lay it three hours in fresh cold water. Then take it out and boil it three hours, which will be sufficient. If your tongue be just taken out of pickle, it must lay three hours in cold water, and then boil it till it will peel.

*To boil a Ham.*

Lay it in cold water two hours, wash it clean and tie it up in clean hay. Boil it very slow the first hour, and very brisk an hour and a half more. Take it up in the hay, and let it lie till cold, then rub the rind with a clean piece of flannel.

*To boil pickled Pork.*

Wash your pork and scrape it clean, then put it in when the water is cold, and boil it till the rind be tender,



*To boil Rabbits.*

Truss them for boiling, and lard them with bacon, then boil them quick and white, for sauce, take the boiled liver and shred it with fat bacon; toss these up together in strong broth, white wine vinegar, mace salt, and nutmeg; set parsley, minced barberries and drawn butter. Lay your rabbits in a dish and pour the sauce over them. Garnish with sliced lemon and barberries.

*To boil Chickens.*

Take four or five Chickens, as you would have your dish in bigness; if they be small ones scald them before you pluck them, it will make them whiter, then draw them and take out the breast bone; wash them, truss them, and cut off the heads and necks, and boil them in milk and water with some salt; half an hour or else will boil them. They are some times better for being killed the night before you use them.

*To make sauce for the Chickens.*

Take the necks, gizzards, and livers, boil them in water, when they are enough strain off the gravy, and put to it a spoonful of oyster pickle, take the livers, break them small; mix some gravy, and rub them thro' a hair sieve with the back of a spoon; then put to it a spoonful of cream, some lemon and lemon-peel grated: thicken it up with butter and flour. Let your sauce be no thicker than cream, which pour upon the chickens. Garnish your dish with sippets mushrooms, and slices of lemon.

They are proper for a side dish or a top dish, either at noon or night.

*How to boil a Turkey*

When your Turkey is dressed and drawn, truss it, cut off the feet, and cut down the breast bone with a knife; then sew up the skin again, then stuff the breast with a white stuffing.

*The Stuffing for a boiled Turkey.*

Take the sweetbread of Veal boil it, shred it fine, with some beef suet, a handful of bread crumbs, some lemon peel, part of the liver, a spoonful or two of cream, with nutmeg, pepper

pepper, salt, and two eggs; mix them together, and stuff your Turkey with part of the stuffing, (the rest may be boiled or fried to lay round it) dredge it with flour, tie it up in a cloth and boil it with milk and water; if it be a young Turkey an hour will boil it.

*How to make Sauce for the Turkey.*

Take some white gravy, a pint of oysters, two or three spoonfuls of cream, some juice of lemon, and salt to your taste, thicken it up with flour and butter, and pour it over the turkey and serve it up, lay round the turkey fried oysters and the forc'd meat. Garnish your dish with oysters, mushrooms, and slices of lemon.

*To make another Sauce for a Turkey.*

Take some strong white gravy and some of the whitest celery you can get, cut it about an inch long, boil it till it be tender, and put it into the gravy with two anchovies, some lemon peel shred, two or three spoonfuls of cream, some shred mace and a spoonful of white wine, thicken it with flour and butter; if you dislike the celery, you may put in the liver as you did for Chicken.

*To dress Spinach.*

Pick it very clean and wash it in five or six waters; put it in a saucepan that will just hold it, throw some salt over it, and cover the pan close. Don't put any water in, but shake the pan often. You must put your saucepan on a clear quick fire. As soon as you find the greens are shrunk to the bottom, and the liquor which comes out of them boils up, then they are enough. Throw them in a clean sieve to drain, and just give them a squeeze; lay them in a plate, and never put any butter on them but it into a cup.

*To dress Cabbages, &c.*

Cabbages and all sorts of young sprouts must be boiled in a great deal of water. When the stalks are tender, or fall to the bottom, they are enough; then take them off before they lose their colour. Always throw salt into your water before you put your greens in. Young sprouts you send to table just as they are, but cabbage is best chopped and put into a saucepan with a piece of butter, stirring it for about five or six

six minutes, till the butter is melted, and then send it to table.

*To dress Carrots.*

Let them be scraped very clean, and when they are enough, rub them in a clean cloth, and slice them into a plate, and pour some melted butter over them. If they are young spring carrots, half an hour will boil them; if large, an hour; but old Sandwich carrots in general take two hours.

*To dress Broccoli.*

Strip all the little branches off till you come to the top one, then with a knife peel off all the hard outside skin which is on the stalks and little branches, and throw them into water. Have a stew pan of water with some salt in it; when it boils, put in the broccoli, when the stalks are tender, it is enough; then send it to table with butter in a cup. The French eat oil and vinegar with it.

*To dress Cauliflowers.*

Cut off all the green part, and then cut the flowers into four, and lay them in water for an hour, then have some milk and water boiling, put in the cauliflower, and be sure to skim the saucepan well. When the stalks are tender, take them carefully up and put them into a cullender to drain; then put a spoonful of water in a stew pan with some flour, a quarter of a pound of butter, and shake it round till it is melted, with some pepper and salt, then take half the cauliflower, and cut it as you would for pickling; lay it into the stew pan, turn it and shake the pan round. Ten minutes will do it. Lay the stewed in the middle of your plate, and the boiled round it. Pour the butter you did it in over it.

*To dress French Beans.*

First string them in, then cut them in two, and afterwards across; but if you would do them nice, cut the bean in four and then across, which is eight pieces. Lay them into water and salt, and when your pan boils put in some salt and the beans; when they are tender they are enough, they will be soon done. Take care they don't lose their fine green. Then lay them in a plate, and have butter in a cup.

To

*To dress Artichaks.*

Wring off the stalks, and put them into the water cold, with the tops downwards, that all the dust and sand may boil out. When the water boils, an hour and a half will do them.

*To dress Asparagus.*

Scrape all the stalks very carefully till they look white; then cut all the stalks even alike, then throw them into water, and have ready a stew-pan boiling. Put in some salt, and tie the Asparagus in little bundles. Let the water keep boiling and when they are tender take them up: if you boil them too much, you lose both colour and taste. Cut the round of a small loaf, about half an inch thick, toast it brown on both sides, dip it in the Asparagus liquor, and put it in your dish; pour some butter over the toast, then put your Asparagus upon the toast round the dish with the white tops outward. Don't pour butter over the Asparagus, for that makes them greasy to the fingers, but have your butter in a basin, and send it to table.

*How to keep Meat hot.*

The best way to keep meat hot, if it be done before your company is ready, is to set the dish over a pan of boiling water; cover the dish with a deep cover, so as not to touch the meat, and throw a cloth over it. Thus you may keep your meat hot a long time. The steam of the water keeps the meat hot, and does not draw the gravy out or dry it up; whereas, if you set a dish of meat any time over a chafing-dish of coals, it dries up the gravy and spoils the meat.

*Hashing, Stewing, Baking, and Boiling.*

## H A S H I N G.

*How to Hash a Calf's Head.*

AFTER your Calf's Head is fit, cleansed, and half boiled, and cold, cut it in thin slices, and fry it in a pan of brown butter; then having a tofs pan on the stove, with a pint of gravy, as much strong broth, a quarter of a pint



pint of claret, as much white wine, and a handful of savory balls, two or three shrivelled palates, a pint of oysters, cock combs, lamb stones, and sweet breads, boiled, blanched, and sliced with mushrooms and truffles, then put your hash in the dish and the other things, some round and some on it. Then garnish the dish with sliced lemon.

### *To Hash Beef.*

Cut some slices of tender beef, and put them in a stew-pan well floured, with a slice of butter, over a quick fire, for three minutes, and then put to them some water, a bunch of sweet herbs, or some marjoram alone, an onion, some lemon peel, with some pepper, salt, and some nutmeg grated, cover these close, and let them stew till they are tender; then put into it a glass of claret or beer that is not bitter, and strain your sauce; serve it hot, and garnish with red beet-roots and lemon sliced. This is a very good dish.

### *A fine Hash of Beef at a little Expense.*

After having cut your Beef in thin slices, make your sauce for it as follows; take some pepper and salt, an onion cut in two, a little water and some strong beer; after that a piece of butter rolled in flour, in your pan, stirring it till it burns, then put in your sauce, and let it boil a minute or two; then put in your beef, and let it but just warm through, for it will harden it if you let it lie too long.

You may put in some claret just before you take it off the fire; if you use no beer, put some mushroom or walnut liquor. Garnish with pickles.

### *To Hash a Leg of Mutton.*

Take a Leg of Mutton half roasted, when it is cold, cut it in thin pieces as you would do any other meat for hashing, put it into a stew-pan with some water or small gravy, two or three spoonfuls of red wine, two or three shallots sliced, or onions, and two or three spoonfuls of oyster pickle; thicken it up with some flour, and so serve it up. Garnish your dish with horse radish and pickles.

You may do a shoulder of mutton the same way, only boil the blade bone, and put it in the middle.

*To Hash Mutton.*

Cut your Mutton in small pieces, and take about half a pint of oysters, and after washing them in water, put them in their own liquor in a saucepan with some mace, some whole pepper and salt; when they have stewed a little, put in an anchovy, a spoonful of kitchen sauce, or pickled walnut liquor, some gravy or water; then put in your mutton, and a piece of butter rolled in flour; let it boil up till the mutton is warm through, then put in a glass of claret; lay it on sippets, garnished with sliced lemon or capers, or mushrooms.

*Another way to Hash Mutton, or any such Meat.*

Take some whole pepper, mace, salt, a few sprigs of sweet herbs, an anchovy, one shallot, two slices of lemon, and some broth or water, and stew it a short time, thicken it with burnt butter. Then serve it up with pickles and sippets.

## S T E W I N G.

*How to Stew a Rump of Beef.*

Take a fat rump of young Beef, and cut off the sag end, lard the lower part with fat bacon, and stuff the other part with shred parsley, put it into your pan with two or three quarts of water, a quart or red wine, two or three anchovies, an onion, two or three blades of mace, some whole pepper, and a bunch of sweet herbs, stew it over a slow fire for five or six hours, turn it often in the stewing, and keep it close covered; when your beef is stewed enough, take from it the gravy, thicken part of it with a lump of butter and flour, and put it upon the dish with the beef. Garnish the dish with horse radish and beet root. There must be no salt put upon the beef, only salt the gravy to your taste, and send it to table.

You may stew part of a brisket, or an ox cheek the same way.

*To Stew Beef Collops.*

Cut raw beef in the same manner as you do veal for Scotch collops; lay it in the dish with some water, put to it a shallot, a glass of white wine, some marjorum powdered, some pepper

*To Stew Mutton Chops.*

Cut your chops thin, take two earthen pans, put one over the other, lay your chops between, and burn brown paper under them.

*How to Stew Rabbits.*

Take two or three Rabbits, and after boiling them till they are half enough, cut them into pieces in the joints, and then cut the meat off in pieces, leaving some meat on the bones; then put meat and bones into a good quantity of the liquor in which the Rabbits were parboiled; set it over a chafing dish of coals between two dishes, and let it stew; season it with salt and gross pepper, and then put in some oil, and before you take it off the fire, squeeze in juice of lemon; when it has stewed enough, serve up all together in the dish.

*To Stew Rabbits the French way.*

Cut your Rabbits into quarters, then lard them with large lardoons of bacon, fry them, stew them in a stew pan with strong broth, white wine, pepper, salt, a faggot of sweet herbs, fried flour and orange.

*How to Stew Apples.*

Take eight or ten large pippins, pared and cut into halves, a pound of fine sugar, and a quart of water; then boil the sugar and water together, skim it, and put your apples in the syrup to boil covered with froth till they are tender and clear; put some juice of lemon in, and lemon peel cut long and narrow, a glass of wine let them give one boil; put it in a china dish, and serve it cold.

*How to Stew Trout.*

Take a large Trout, wash it and lay it in a pan with white wine and gravy, then take two eggs buttered, some pepper, salt, nutmeg, lemon-peel, thyme, and grated bread, mix them all together, and put in the belly of the Trout; then let it stew a quarter of an hour, and put a piece of butter into the sauce, serve it hot, and garnish with sliced lemon.

*To Stew Cod.*

Lay your Cod in thin slices at the bottom of a dish with half a pint of white wine, a pint of gravy, some oysters and their liquor, pepper, salt, and nutmeg ; let it stew till it is near enough, thicken it with some butter, rolled in flour, let it stew a little longer ; serve it hot, garnished with sliced lemon.

*How to Stew Carp, from Pontack's.*

Take half gravy and half claret, as much as will cover your carp in the pan, with mace, whole pepper, some cloves, two anchovies, horse radish, a shalot or onion, and salt ; when the carp is enough, take it out, and boil the liquor as fast as possible, till be just enough to make sauce ; flour a bit of butter, and throw into it the juice of a lemon, and pour it over the carp.

*How to Stew Oysters.*

Plump them in their own liquor, then strain them off, and wash them in clean water, then set on some of their own liquor, water, and white wine, a blade of mace, some whole pepper ; let it boil some time, then lay in your oysters, let it just boil, then thicken them with the yolks of two eggs, a piece of butter, some flour, beat up well ; thicken it, and serve it up with sippets and lemon.

*How to Stew Pike.*

Take a large Pike, scale and clean it, season it in the belly with some mace and salt, skewer it round, lay it into a deep stew-pan, with a pint of small gravy, a pint of red wine, two or three blades of mace, set it over a stove with a slow fire, and cover it close ; when it is stewed enough, take some of the liquor, two anchovies, some lemon-peel shred fine, thicken the sauce with flour and butter ; before you lay the pike on the dish, turn it with the belly downwards ; take off the skin and serve it. Garnish the dish with lemon and pickle.

*How to boil Tench.*

Scale your Tench when alive, gut it, and wash the inside with vinegar, then put it into the stew-pan when the water boils, with some salt, a bunch of sweet herbs, some lemon-peel



peel, and whole pepper ; cover it up close, and boil it quick, when enough, strain off some of the liquor, and put to it some white wine and walnut liquor, or mushroom gravy, an anchovy, some oysters or shrimps, boil these together, and toss them up with thick butter rolled in flour, adding some lemon juice. Garnish with lemon, horse radish, and serve to hot with sippets.

## *Broiling, Frying, Baking, &c.*

### *How to broil Beef Steaks.*

**T**AKE your Beef Steaks, and beat them with the back of a knife, strew them over with some pepper and salt, lay them on a gridiron over a clear fire, turning them till enough ; set your dish over a chafing-dish of coals, with some brown gravy ; chop an onion or shalot as small as pulp, and put it amongst the gravy ; (if your steaks be not over-muchdone, gravy will come therefrom) put it on a dish, and shake it all together. Garnish your dish with shalots and pickles.

### *Mutton Cutlets, from Pontack's.*

Take a handful of grated bread, some thyme and parsley, lemon peel shred very fine with some nutmeg, pepper, and at, then take a loin of mutton, cut it into steaks, and let them be well beaten ; take the yolks of two eggs, and rub over the steaks. Strew on the grated bread with these ingredients mixed together. Make your sauce of gravy, with a spoonful or two of claret and some anchovy.

### *Veal Cutlets, from Pontack's.*

Take a neck of Veal, cut it into steaks and fry them in butter. Boil the scrag to strong broth, two anchovies, two nutmegs, some lemon-peel, penny royal and parsley shred very fine, burn a bit of butter, pour in the liquor and the veal cutlets with a glass of white wine and toss them all up together. If it be not be thick enough, flour a bit of butter and throw in. Lay it into the dish ; squeeze an orange over it, and then strew salt as much as will relish.

*How to Fry Mutton Steaks.*

Take a loin of Mutton, cut off the thin part, then cut the rest into steaks, and flat them with a cleaver, or paste pin, season them with some pepper and salt, and fry them in butter over a quick fire, as you fry them put them into an earthen pot till you have fried them all, then pour the fat out of the pan, put in some gravy and the gravy that comes from the steaks, with a spoonful of red wine, an anchovy, and an onion shred; shake up the steaks in the gravy and thicken it with some flour, so serve them up. Garnish your dish with horse radish and shalots.

*How to Fry Beef Steaks.*

Take rump steaks, or any other tender part of the beef, put some salt and pepper upon them, put them in a pan with a piece of butter and an onion over a slow fire, close covered and as the gravy draws, pour it from the beef, still adding more butter at times till your beef is enough; then pour in your gravy, with a glass of strong beer or claret, then let it just boil up and serve it hot with juice of lemon or verjuice.

*Beef Steaks with Oysters.*

Take some tender Beef Steaks, pepper them to your mind but no salt, for that will make them hard; turn them often till they are enough; which you will know by their feeling firm then salt them to your mind.

For the sauce, take some oysters with their liquor, and wash them in salt and water; let the oyster liquor stand to settle and then pour off the clear; stew them gently in this with some nutmeg or mace, some whole pepper a clove or two, and take care you don't stew them too much for that will make them hard; when they are almost enough add some white wine and a piece of butter roll'd in flour to thicken it.

Some chuse to put an anchovy, or mushroom catchup into this sauce.

*To broil Veal Cutlets.*

Having cut your Veal in slices, season it with salt, pepper nutmeg, sweet majoram, and some lemon peel grated;  
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wash them over with egg, and strew over them this mixture ; lard them with bacon, dip them in melted butter, and wrap them in white papers buttered ; broil them on a gridiron a good distance from the fire ; when they are enough unpaper them, serve them with gravy and lemon sliced.

#### *How to Fry Oysters.*

Make a batter of milk, flour and eggs, then take some oysters, wash and wipe them very dry, dip them in batter ; then roll them in some crumbs of bread and mace beat fine, and fry them in hot lard and butter.

#### *Whitings Broiled*

Whitings should be washed with water and salt, then dry them well and flour hem ; rub your gridiron well with chalk and make it hot, then lay them on, and when they are enough, serve them with oyster or shrimp sauce, garnish with lemon sliced.

N. B. The chalk will keep the fish from sticking.

#### *To Broil Cod Soulds.*

After letting them lie in hot water a few minutes, take them out and rub them well with salt to take off the black dirt and skin ; when they look white, put them in water and give them a boil ; take them out and flour them well, salt, and pepper them, then broil them, when they are enough lay them in your dish, and pour melted butter and mustard in the dish, Broil them whole.

#### *How to broil Sheep or Hog's Tongues.*

Boil, blanch, and split your tongues, season them with some pepper and salt, then dip them in eggs, strew over them a few bread crumbs, and broil them till they are brown, serve them up with gravy and butter.

#### *How to broil Chickens.*

Slit them down the back and season them with pepper and salt, lay them on a very clear fire and at a great distance. Let the inside lie next the fire till it is above half done, then turn them and take care the fleshy side don't burn, throw some fine raspings of bread over it, and let them be of a fine brown



brown but not burnt. Let your sauce be good gravv, with mushrooms, and garnish with lemon and livers broiled, the gizards cut, and broiled with pepper and salt.

*How to poarch Eggs with To Br.*

Put your water on in a flat bottom pan with some salt, when it boils break your eggs in, and let them boil two minutes, then take them up with an egg spoon, and lay them on buttered toasts.

*How to dress Eggs with Spinage.*

Pick and wash your spinage in several waters, set a pan over the fire with a large quantity of water, throw a handful of salt in, when it boils put your spinage in, and let it boil two minutes, take it up with a fish slice and lay it on the back of hair sieve, squeeze the water out and put it in a tossing pan with a quarter of a pound of butter, keep turning and chopping it with a knife, till it is quite dry, then press it between two plates, cut it in shape of sippets, and some in diamonds, Poach your eggs as before, and lay them on your spinage and serve them up hot.

*Water Tansy.*

Take twelve or thirteen eggs and eight or ten of the whites, beat them very well and grate a penny loaf, put in a quarter of a pound of melted butter and a pint of the juice of spinage. Sweeten it to your taste.

*Goof be ry Tansy.*

Melt some fresh butter in a frying pan, put in a quart of gooseberries, fry them till tender and mash them; then beat seven or eight eggs, four or five whites, a pound of sugar, three sponfuls of sack, as much cream, a penny loaf grated and three spoonfuls of flour, mix all these together, and put the gooseberries out of the pan to them, and stir them together, and put them in a saucepan to thicken, then put fresh butter into the frying pan, fry them brown, strew sugar on the top.

*Apple Tan'ey.*

Slice three or four pippins thin, fry them in good batter, then beat four eggs with six spoonfuls of cream, some rose water



water, sugar and nutmeg, stir them together and pour it over the apples, and fry it a short time, and turn it with a pie plate, Garnish with lemon, and sugar strewed over it.

*How to mak fine Pancakes.*

Take a pint of cream or milk, eight eggs, a nutmeg grated, some salt, then melt a pound of butter and some sack befor you stir it; it must be as thick with flour as ordinary butter and fried with lard; turn it on the back side of a plate. Garnish with orage, and strew sugar over them.

*Apple Fritters.*

Take the yolks of six eggs, and the whites of three, beat them together, and put to them a pint of cream or milk; then put to it four or five spoonfuls of flour, a glass of brandy half a nutmeg grated, and some ginger and salt; your butter must be thick, then slice your apples in rounds, dipping each round in batter, and fry them in lard.

*Apple Froise.*

First cut some apples in thick slices fry them of a light brown, take them up and lay them to drain, keep them as whole as you can, then make the following batter: Take five eggs and three whites, beat them up with flour and cream, some sack, make it the thickness of a pancake batter, pour in some melted butter, nutmeg, and sugar, melt your butter and pour in your batter, lay a slice of apple here and there, and pour more batter on them; fry them of a fine light brown, then take them up, strew double refined sugar over them,

*How to fry Calves Feet in Butter.*

Take four Calves Feet and banch them, boil them as you would do for eating, take out the large bones and cut them in two, beat a spoonful of wheat flour and four eggs together, put to it some nutmeg, pepper, and salt, dip in your calves feet, and fry them in butter a light brown, and lay them on a dish with some melted butter over them. Garnish with slices of lemon and serve them up.

*To make white Scotch Collops.*

Take about four pounds of fillet of veal, cut it in small pieces

pieces as thin as you can, then take a stew pan, butter it over, and shake some flour over it, then lay your meat in, piece by piece till your pan be covered, take two or three blades of mace and some nutmeg, set your stew pan over the fire, toss it up together till your meat be white, then take half a pint of strong veal broth, which must be ready made, a quarter of a pint of cream and the yolks of two eggs, mix all these together, put it to your meat, keeping it tossing all the time till they just boil up, then they are done enough, squeeze in some lemon; you may add oysters and mushrooms to make it rich.

## B A K I N G.

### *To Bake a Calf's Head.*

**W**A S H it clean and divide it, then beat the yolks of three eggs, and with a feather trace it over the outside of the head then take some grated bread, salt, pepper, nutmeg, some lemon peel grated, with some sage cut small then strew this mixture over the outside of the head, lay it in an earthen dish, and cover the head with some bits of butter, put a little water in the dish, and bake it in a quick oven, and when you serve it pour in some strong gravy with the brains first boiled and mixed in it. Garnish with lemon.

If you don't chuse the brains in the gravy, put them in a plate with the tongue.

### *To Bake Beef the French way.*

Bone some tender beef, take away the sinews and skin, then lard it with fat bacon, season your beef with salt, pepper and cloves, then tie it up with packthread, and put it in an earthen pan, some whole pepper an onion stuck with twelve cloves, and put at the top of a bunch of sweet herbs, two or three bay leaves, a quarter of a pound of fresh butter, and half a pint of claret or white wine vinegar, or verjuice; cover it close, bake it four or five hours; serve it hot with its own liquor, or serve it in cold slices, to be eat with vinegar and mustard.

*How to Bake Herrings.*

Put an hundred herrings in a pan, cover them with three parts water and one part vinegar, with a good deal of all-spice, some cloves, a bunch of sweet herbs, a few bay leaves and two whole onions, tie them close down and bake them; when they come out of the oven, heat a pint of red wine scalding hot and put to them, then tie them down again and let them stand four or five days before you open them, and they will be very firm and fine.

*How to Bake Gingerbread.*

Take a pound and a half of treacle, half a pound of brown sugar, two eggs beaten, one ounce of ginger beaten and sifted; of mace, cloves, and nutmeg altogether, half an ounce beaten very fine; coriander seeds, and carraway seeds of each half an ounce; two pounds of butter melted; mix all these together, with as much flour as will knead it into a stiff paste, then roll it out, and cut it into what form you please; bake it in a quick oven in tin plates; a small time will break it. Of some of this paste you may make drops.

## F R I C A S S E Y S.

*To make a brown Fricassee of Rabbits.*

**T**AKE a rabbit, and cut the leg in three pieces, and the remainder of the rabbit the same bigness, beat thin and fry them in butter over a quick fire; when they are fried take them out of the butter, and put them into a stew pan with some nutmeg, then shake it up with some flour and butter, and put over it a few crumbs of bread seasoned with lemon-peel, thyme parsley, and some pepper and salt. Garnish your dish with crisp parsley.

*A white Fricassee of Rabbits.*

Take a couple young rabbits and half boil them, when they are cold take off the skin, and cut the rabbits in small pieces. (only take white part) when you have cut it in pieces, put it in a stew pan with white gravy, anchovy, a small onion, shred mace and lemon peel, set it over a stove and let it have one boil; then take some cream, the yolks

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of two eggs, a lump of butter, juice of lemon and shred parsley ; put them all together in a stew pan, and shake them over the fire till they are as white as cream ; you must not let it boil, if you do it will curdle. Garnish your dish with lemons and pickles.

*To Fricassey Chickens.*

Draw and wash your chickens, half boil them, then take them up and cut them in pieces, put them in a frying pan and fry them in butter, then take them out of the pan and clean it. put in some white wine, some strong broth, some grated nutmeg, salt and pepper, a bunch of sweet herbs and a shallot or two ; let these with two or three anchovies stew on a slow fire, and boil up, then beat it up with butter and eggs till it is thick, put your chickens in and toss them well together, lay tippets in the dish, serve it up with sliced lemon and fried parsley.

*To make Force meat balls.*

Take half a pound of veal and half a pound of suet, cut fine and beat it in a marble mortar, a wooden bowl, have a few sweet herbs shred fine, some mace dried and beat fine, a nutmeg grated, some lemon peel cut very fine, salt, pepper, and the yolks of two eggs ; mix all these together, then roll them in little round balls, and some in small long balls ; roll them in flour and fry them brown. If they are for any thing of white sauce, put some water in a saucepan, and when the water boils put them in, let them boil for a few minutes, but never fry them for white sauce.

*To Fricassey cold roast Beef.*

When you have cut your roast beef into very thin slices take a handful of parsley, shred it very small, cut an onion into four quarters, put them all together in a stew pan with a piece of butter, and a good quantity of strong broth, season with salt and pepper and let it stew gently about a quarter of an hour ; then take the yolks of four eggs, beat them in some claret and a spoonful of vinegar, and put it to your meat, stirring it till it becomes thick ; rub your dish with a shallot before you serve it up.

*To Fricassey Ducks.*

First quarter them, then race them and beat them with the  
-back



back of your cleaver, dry them, and fry them in sweet butter; when they are almost fryed, put in a handful of onions sh ed small and some thyme, then put in a little claret, thin slices of bacon, parsley and spinage boiled green and shred small. break into a dish the yolks of three eggs with some pepper, grated nutmeg, toss them up with a ladleful of drawn butter : pour this on your ducks, lay you bacon upon them, and serve them hot.

## OF COURSES.

### *First Course*

2 Dishes.

1. Boiled Beef,  
or pork, &c,
2. Pudding.

### *Second Course.*

1. Fowls roasted.
2. Tarts.

### *First Course.*

1. Scotch Collops.
2. Marrow Puddings.

### *Second Course.*

1. Fricasey'd.  
Chickens
2. Tansey.

### *First Course.*

4 Dishes.

1. Boiled Beef
2. Fowls, Bacon,  
and Greens.
3. Pudding.
4. Leg of Lamb  
roasted.

### *First Course.*

3 Dishes.

1. Fish boil'd
2. Scotch Collops
3. Puddings.

### *Second Course.*

1. Chickens or Ducks
2. Cheescakes or Tarts
3. pease or Asparagus.

### *First Course.*

1. Tongue and Udder.
2. Roast beef.
3. Pudding.

### *Second Course.*

1. Leg of Lamb boil'd, &c.
2. Sweetbreads, &c.
3. Tansey.

### *Second Course*

4 Dishes.

1. Ducklings
2. Roasted Lobsters
3. Tansey
4. Sweetbreads

### Another *Second Course.*

4 Dishes

1. Salmon

*First Course.*

1. Salmon and Smelts.
2. Fillet of Veal.
3. Tansey.
4. Fricassee of Chickens.

1. Hare.
2. Rabbits.
3. Cray fish.
4. Blomage.

*Second Course.**First Course  
5 Dishes.*

1. Chickens.
2. Ham.
3. Tench.
4. Quarter of Lamb.

1. Partridges.
2. Rabbits.
3. Prawns.
4. Olives, &c.
5. Tarts, &c.

5. Tansey, &c.

*Second Course.**First Course.*

1. Cod's Head.
2. Boiled Beef.
3. Chine of Mutton.
4. Rabbits Fricassee'd.
5. Boiled Pudding,

1. Ducklings.
2. Roasted Lobsters.
3. Pidgeons and Asparagus.
4. Cray fish.
5. Tansey.

## P U D D I N G S &amp;c.

*Rules to be observed in making Puddings.*

**I**N boiling Puddings, take care the bag or cloth be very clean and not soapy, and dipped in hot water and well floured. If a bread pudding tie it loose; if a batter pudding tie it close, and before the water boils before you put the pudding in, and you should move the pudding in the pot now and then for fear they stick. When you make a batter pudding, first mix the flour well with milk, then put in the ingredients by degrees, and it will be smooth and not have lumps, but for a plain batter pudding, the best way is to strain it through a coarse hair sieve, that it may neither have lumps nor the treads of eggs; and all other puddings strain the eggs when they are beat. If you boil them in wooden bowls or china, butter the inside before you put in the batter and for all baked puddings, butter the dish before the pudding is put into it.

*Baked*

*Boiled Plumb Pudding.*

To a pound of beef shred very fine, put three quarters of a pound of raisins, stoned; take some grated nutmeg, a large spoonful of sugar, some salt, four eggs, some mace, three spoonfuls of cream, and 5 spoonfuls of flour, mix these together, tie it up in a cloth and let it boil three hours, Melt butter and pour over it.

*To make a Bread Pudding.*

Put a quarter of a pound of butter into a pint of cream, set it on the fire and keep it stirring; the butter being melted put in as much grated manchet as will make it light, a nutmeg or something else, and as much sugar as you please, three or four eggs and some salt, mix them together, butter a dish, then put it in and bake it in half an hour.

*Apple Pudding.*

Take four or five codlings, scald them and bruise them through a sieve, put a quarter of a pound of biscuits, some nutmeg, a pint of cream, and sweeten to your taste, ten eggs and half the whites, to bake.

*To make a light Pudding.*

To a pint of cream put some cinnamon, mace, and nutmeg, boil it with the spice, when it is boiled take out the spice, then take out the yolks eight of eggs and four of the whites; beat them well with some sack, then mix them with your cream, some salt and sugar, take a half-penny white loaf and a spoonful of flour, then put in some rose water, beat all these well together, and wet a thick cloth and flour it, then put your pudding into it and tie it up, and when the pot boils, it must boil an hour. Melt some butter sack, and sugar, and pour over it.

*To make a Rice Pudding.*

Beat half a pound of rice to powder, then set it on the fire with three pints of new milk, boil it well, and when it is almost cold put to it eight eggs well beaten, with half a pound of butter or suet and half a pound of sugar, put in nutmeg or mace, or what you please. It will take about half an hour to bake it.

To

*To make a butter Pudding.*

Take a pint of milk, six eggs and four spoonfuls of flour, put in half a nutmeg grated and some salt, you must take care your pudding is not thick; flour your cloth well. Three quarters of an hour will boil it. Serve it with butter, sugar and sa k.

*To make a Quaking Pudding.*

Take five or eight eggs and beat them very well put to them three spoonfuls of fine wheat flour, some salt, a pint and a half of cream and boil it with a stick of cinnamon and a blade of mace. when it is cold mix it with your eggs and flour, butter your cloth, and do not give it much room in your cloth, about half an hour will boil it, you must turn it in the boiling, or the flour will settle, serve it up with melted butter.

*To make a Potatoe Pudding.*

Take three or four large Potatoes, boil them as you would do for eating, beat them with some rose water, a glass of sack in a marble mortar, put to them half a pound of melted butter, half a pound of currants well cleaned, some shred lemon peel and candied lemon and orange peel, mix all together and serve it up

*To make a Gooseberry Pudding.*

Take a quart of green Gooseberries pick, coddle, and bruise and rub them through a hair sieve to take out the pulp; take six spoonfuls of the pulp, six eggs, three quarters of a pound of sugar, half a pound of clarified butter, some lemon peel shred fine, a handfull of bread crumbs or biscuit, a spoonful of rose water, or orange flower water; mix these together, bake it with paste round the dish, you may add sweet meats if you please.

*To make excellent black Puddings.*

To a quart of sheep's blood, put a quart of cream, ten eggs whites and yolks beaten together; stir them and thicken with oatmeal finely beaten and grated bread, of each a small quantity, beef suet finely shred, and marrow in small lumps, season it with nutmeg, cloves, and mace, mingled with salt some sweet marjoram, lemon, penny royal, and thyme shred together, and mingled with the other things; when all is mixed, then fill the guts, being well cleaned, and boil them carefully.

To



*To make a Marrow Pudding.*

Boil a pint of cream, then take it off the fire, and slice a penny white loaf into it; when it is cold, put in eight ounces of blanched almonds beaten fine with two spoonfuls of rose water, put in the yolks of six eggs, a glass of sack, some salt fix ounces of candied citron and lemon, sliced thin, mix them together, then put it in a buttered dish, a dust of fine sugar-bake and serve it.

*To make a Custard Pudding.*

Mix six eggs well beat with a pint of cream, two spoonfuls of flour, half a nutmeg grated, put some salt and sugar to your taste, butter a cloth and put it in when the water boils, boil it just half an hour, and melt butter for sauce.

## Custards, Cheese-Cakes, Cakes, Pies, &amp;c.

*A Paste for Custards*

TAKE a pound of flour, twelve ounces of butter, the yolks of four eggs, six spoonfuls of cream, mix them together, and let them stand a quarter of an hour, then work it up and down, and roll it very thin,

*To make a Custard*

Boil a quart of milk or cream with a stick of cinnamon large mace, and quartered nutmeg, when half cold, mix it with eight yolks of eggs and four whites well beat, some salt sugar and orange flower water. Set all on the fire and stir it till a white froth arises, which skim off, then strain it and fill your crusts, which should be first dried in the oven and which you must first prick with a pin before you dry them, to prevent their rising in blisters.

*Another Custard.*

Take a quart of cream and boil it with a blade of mace, beat ten eggs, leaving out half the whites, take the mace out, and when almost cold beat in the eggs, with one spoonful of orange flower water, sweeten it to your taste, and put it into your custard cups, and let them but just boil up in the oven; and if you boil the eggs in the cream all together, then you may put it in your custard cups the over night and they will be fit for use.

To

*To make a Cream Custard.*

Take the crust of a penny loaf, grate the crumb very fine and mix with it a good piece of butter, and a quart of cream beat the yolks of twelve eggs with cream, sweeten them with sugar, let them thicken over the fire, make your custards shallow, bake them in a gentle oven, and when they are baked enough, strew fine sugar over them.

*To make a Rice Custard.*

Boil a quart of cream with a blade of mace, then put to it boiled rice well beaten with your cream, put them together, and stir them all the while it boils on the fire, when it is enough, take it off and sweeten it to your taste, put in some rose water, serve them cold.

*To make a Plain Custard.*

Sweeten 2 quarts of new milk to your taste, grate in some nutmeg, beat up eight eggs, leave out half the whites, stir them into the milk, and bake it in china basons, or put them into a saucepan of boiling water, taken care that the water does not come above half way up the basons, for fear of getting into the basons. You add some rose water in the making or a small glass of brandy.

*How to make an Almond Custard.*

Blanch your almonds, pound them in a mortar very fine in the beating, add some milk, press it through a sieve, and make it as the custard above mentioned, and bake it in cups.

*To make Syllabub.*

Take two quarts of cream, a pint of canary some whites of eggs, a pound of fine sugar, and beat it with a whisk till it froths well, skim off the froth and put it into syllabub glasses.

*To make a White Pot.*

Take a quart of cream or new milk, put into it a quarter of a nutmeg sliced, a quarter of an ounce of mace, and some cinnamon, pare off the crust of a halfpenny roll, cut it into slices, and lay it in the bottom of a dish, and lay over them good beef marrow, and having beat up the yolks of six eggs with rose water, put them to the cream, sweetening all with sugar

sugar, and having taken out the spices, pour it into a broad bason, in which you have laid the bread and marrow, and bake it, but not in too hot an oven; when you serve it up grate white sugar over it.

## C H E E S E - C A K E S .

### *To make Cheefe Cakes.*

**B**OIL eight eggs, well beaten with a quart of milk or cream, stir it till it is a curd, then strain it, and mix it with the curd of three quarts of milk, two grated biscuits, three quarters of a pound of butter, two ounces of pounded and blanched almonds, with some sack and angel water, seven eggs, half a pound of currants, add spice and salt, beat it up with some cream till it is very light and fill the cheefe-cakes.

The same way you may make cheefe cakes with the curd of a gallon of milk, without the egg curd,

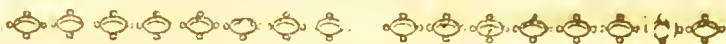
### *Rice Cheefe Cakes.*

After boiling two quarts of milk or cream a short time with some whole mace and cinnamon, take it off the fire, take out the spice and put in half a pound of rice flour, then set it on the fire again, and make it boil, stirring it together; take it off, and beat the yolks of 24 eggs, then set it on the fire again, and keep it continually stirring till it is as thick as curds, add half a pound of almonds, blanched and pounded, then sweeten it to your palate. Or, if you chuse it, you may put in half a pound of currants.

### *Lemon Cheefe Cakes.*

Boil two large lemon peels, pound them well together in a mortar, with a quarter of a pound or more of loaf sugar, the yolks of six eggs, and half a pound of fresh butter, pound and mix them together, and fill the patty pans about half full.

Orange cheefe cakes ared one the same way, but you must be carefully to boil the peel in two or three waters, to take out the bitterness.



## C A K E S.

### *A very good Plum Cake.*

**D**R Y a quarter of a peck of flour, wash and pick clean three pounds of currants, set them before a fire to dry, half a pound of raisins of the sun wash'd, ston'd and shred small, half a pound of blanched almonds beat very fine with rose water, a pound of butter melted with a pint of cream; but it must not be put in hot, a pint of ale yeast, a pennyworth of saffron steeped in a pint of sack, ten or twelve eggs half the whites, a quarter of an ounce of cloves and mace, one large nutmeg grated, a few carraway seeds, candy'd orange, citron and lemon peel sliced; you must make it thin, or there must be more butter and cream, you may perfume it with ambergrease tied in a muslin bag, and steeped in the sack all night. If you ice it, take half a pound of double refined sugar sifted; then put in some of the sugar, and beat it with a whisk, put in some orange flower water, but do not over wet it; then strew in all the sugar by degrees and beat it all near an hour, the cake will take so long baking; then draw it, wash it over with a brush, and put it in again for half a quarter of an hour.

### *Another Plum Cake.*

Take half a peck of flour, half a pint of rose water, a pint of ale yeast, boil it, a pound and a half of butter, six eggs without the whites, four pounds of currants, half a pound of sugar, one nutmeg, and some salt, work it well, and let it stand an hour by the fire and work it again, make it up and let it stand an hour and a half in the oven. Take care that the oven be not too hot.

### *To make a Pound Cake.*

Beat a pound of butter in an earthen pan with your hand one way, till it is like a thick cream, then have ready twelve eggs,



eggs, but six whites, and beat them up with the butter, a pound of flour beat in it, a pound of sugar and a few carraways, beat it all together for about an hour with your hand, or a great wooden spoon; butter a pan and put it in, and then bake it an hour in a quick oven.

Some chuse a pound of currants.

#### *A good Seed Cake.*

A quarter of a peck of flour two pounds of butter beat to a cream, a pound and three quarters of fine sugar, three ounces of candied orange peel and citron, one ounce of carraway seeds, ten eggs, and but five whites, a glass of sack, some rose water, a few cloves, mace, and nutmeg, some new yeast, half a pint of cream. mix it up, and lay it by the fire to rise, then bake it in a hoop, and butter your paper; when it is baked, ice it over with the whites of eggs and sugar, and set it in again to harden.

#### *A light Seed Cake.*

Get half a quartern of flour, some ginger and nutmeg, three eggs well beat, three spoonfuls of ale-yeast, three quarters of a pint of milk, half a pound of butter, and six ounces of smooth carraway seeds, work it warm together with your hand.



## TARTS and PIES.

#### *A short Paste for Tarts.*

**T**AKE a pound of wheat flour and rub it very small, three quarters of a pound of butter, rub it as small as the flour put to it three spoonfuls of loaf sugar beat and sifted, take the yolks of four eggs and beat them very well, put to them a spoonful or two of rose water and work them into a paste; roll them thin, ice them over and bake them in a slow oven.

#### *A Cherry Tart.*

Get two pound of cherries, stone bruise and stamp them, boil up their juice with sugar; then stone four pound more

of cherries, and put them into your tart with your cherry syrup. bake your tart, ice it and serve it hot.

*A Gooseberry Tart.*

Prepare the crust for the patty pans, then sheet the bottoms and strew them over with powder sugar, then take green gooseberries and fill your tarts with them, laying them one by one, a layer of gooseberries and a layer of sugar so close your tarts, bake them in a quick oven, and they will be clear and green.

*To make a savory Chicken Pye.*

Take half a dozen small chickens, season them with mace, pepper, and salt, both inside and out, then take three or four veal sweetbreads, season them with the same, and lay round them a few forc'd meat balls, put in some water and butter, some white gravy not over six o, shred a few oysters if you have any, some lemon peel, and squeeze in some lemon juice, not to make it sour, if you have no oysters take the whitest of your sweetbreads, boil them, cut them small and put them into your gravy, thicken them with some butter and flour; when you open the pye, if there be any fat skim it off, and pour the fat over the chickens break; so serve it up without any lid.

*Another Chicken Pye.*

Take five or six chickens, roll up a piece of butter in sweet seasoning, season and lay them into a cover, with the marrow of two bones rolled up in the batter of eggs, with preserves and fruits, as lamb pies with a caudle.

*A good Goose Pye.*

Make the walls of a goose pye with about half a peck of flour, raise your crust just big enough to hold your goose, first have a pickled dried tongue, boiled tender enough to peel, cut off the root, bone the goose and a large fowl, take half a quarter of an ounce of mace beat fine, three tea spoonfuls of salt, a tea spoonful of beaten pepper, and mix all together, season your fowl and goose with it, then lay your fowl in the goose, and the tongue in the fowl, and the goose in the same form as if whole. Put half a pound of butter on the top, and lay on the lid. This pye is delicious either hot or cold, and will keep a great while. A slice of this pye make as a pretty side dish for supper.

*Another*

*Another Way.*

First parboil your goose, and then bone it, season it with pepper and salt, and put it in a deep crust, with a good quantity of butter both under and over. Let it be well baked fill it up at the vent hole with melted butter, Serve it up with mustard, bay leaves and fine sugar.

*A Gible: Pye.*

Scald and pick your giblets, then set them over the fire with just water enough to cover them season them with pepper and salt, an onion and a bunch of sweet herbs. When they are stewed very tender, take them out of the liquor and set them by to cool, afterwards they are to be put in a standing pye, or into a pan with good paste round it, a convenient quantity of butter and the yolks of hard eggs, balls of forced meat may also be laid over them, leaving a hole on the top of the lid to pour in half the liquor the giblets were stewed in, before your pye is set in the oven, if there is occasion put the remainder of the liquor heated hot when it is cut open

*To make an Eel Pye.*

Cafe and clean the Eels, season them with nutmeg, pepper and salt, cut them in long pieces, you must make your pye with hot butter paste, let it be oval with a thin crust, lay in your Eels length ways, putting over them some fresh butter, so bake them.

Eel pies are good, and eat very well with currants, but if you put in currants you must not use any black pepper, but Jamacia pepper.

*To make a Vension Pasty.*

Bone a haunch or side of vension, cut it square and season it with salt and pepper, make it up in your palle; a peck of flour for a buck patty, and three quarters for a doe; two pounds of beef suet at the bottom of your buck patty, and a pound and a half for doe. A lamb patty is seasoned as the doe.

*A Mutton Pye.*

Season mutton steaks, fill the pye, then lay on butter and close it. When it is baked, toss up a handful of chopped capers, oysters, and cucumbers in gravy and anchovy, and drawn butter.

*A Javory Lamb Pye*

Having seasoned your lamb with salt, pepper, cloves, mace and nutmeg. put it into your crust, with a few sweet-breads and lamb stoner seasoned as your lamb; also some large oysters, and savoury force meat balls, hard yolks of eggs, and the tops of asparagus two inches long, first boiled green, then put butter all over the pye and lid and set it in a quick oven an hour and an half, then make a leare with oyster liquor, as much gravy, a little claret with one anchovy in it and a grated nutmeg. Let these have a boil, thicken it with the yolks of two or three eggs, and when the pye is baked enough put it in

*A Pidgeon Pye.*

Truss your pidgeons, season them with pepper, salt, and nutmeg, lard them with bacon, and stuff them with force meat balls; lay on sweet breads, lamb stoner and butter, and close the pye, then pour in the liquor made of claret, oyster liquor, gravy, two anchovies, a faggot of sweet herbs and an onion, boil this up and thicken it with brown butter. This liquor will serve for several sorts of meat, and fowl pies.

*A Rabbit Pye.*

Lut your rabbits in pieces, and fry them in lard with some flour, season them with salt, pepper, nutmeg, sweet herbs chibbols, adding a little broth; when they are cold put them in your pye, adding some morels, truffles, and pounded lard, lay on the lid, and then set it in the oven, to bake, and let it stand for an hour and a half, when it is half baked, pour in the sauce in which the rabbits were fryed, and just before you serve it up to table, squeeze in some juice of Seville orange.

*Another.*

Parboil a couple of rabbits, bone, lard, and season them with pepper, salt, nutmeg, cloves, mace and winter savoury; put them in your pye with a good many force meat balls, laying a pound of butter on the top, close it up, bake it and when it is cold fill it up with clarified butter.

*A young Rock Pye.*

Take young rooks, flea them and put a crust at the bottom of your dish, with a good deal of butter and forced meat balls then season the rooks with salt, pepper, cloves, mace, nutmeg and some sweet herbs, put them into your dish; pour in



in some of the liquor they were parboiled in and lid it, when baked cut it open and skim off the fat; warm, and pour in the remainder of the liquor they were parboiled in if you think your pye wants it

#### *A Turkey Pye.*

Take a turkey and bone it, season it with savoury spice and lay it in the pye, wiah two capons cut in pieces in order to fill up the corners. A goose pye is made in the same manner with two rabbits to fill up the corners.

#### *A Trout Pye*

Having cleaned and scaled them, lard the with pieces of silver Eel rolled up in spice and sweet herbs, bay leaves powdered; lay between and on them the bottoms of sliced artichokes, oysters, mushrooms, capers, sliced lemon, lay on butter and close the pye.

#### *A Pork Pye.*

First skin your pork, then cut it into steaks, season it with salt nutmeg, sliced betten ppper; put in some pippins cut into small pieces, as many as you think convenient, and sweeten with sugar to your palate, put in half a pint of white wine, lay butter over it, close up the pye and set it in the oven.

#### *A Pork Pye, to be eaten cold.*

Take a loin of pork, bone it, and cut part of it into collops take also as many collops of veal of the same size, and beat them both with the back of a cleaver, season the pork with salt, pepper, minced sage, and the yolks of hard eggs, season your veal with cloves, mace, nutmeg, thyme, minced, and the yolks of hard eggs; then lay in you dish a layer of veal, and a layer of pork, till you have laid all your meat in, then close up your pye and liquor it with saffron water, or the yolks of eggs. When it is baked and cold, fill it with clarified butter. Remember to set your first and last layer be pork. Bake it and set by for use.

#### *A Hare Pye.*

Having cut the hare in pieces, break the bones and lay them in the pye; lay on sliced lemon, forced meat balls and butter, and close it with the yolks of hard eggs and set it in the oven.

*A very good Pye.*

Lay some puff paste round the brims of your dish; then lay a layer of biscuit, a layer of marrow and butter, and a layer of all sorts of wet sweetmeats, or as many as you can have, and do so till your dish is full, then boil a quart of cream, and thicken it with two eggs, some rose water and sugar, put this to the rest and bake it.

*A Tench Pye.*

Having made your crust, lay on it a layer of butter, then scatter in grated nutmeg, cinnamon and mace, lay in half a dozen tench, lay over them butter and more spice, a few blue currants, pour in a quarter of a pint of claret, let them be well baked, when it comes out of the oven put in melted butter, dust it over with fine sugar and serve it up.

*An Artichoke Pye.*

Boil twelve artichoke bottoms tender, boil the yolks of twelve eggs hard; three ounces of candid orange, lemon, and citron peel, half a pound of raisins stoned, some grated nutmeg, a blade of mace, and a quarter of a pound of sugar them put these into your pye with half a pound of butter, observing to lay the sweetmeats uppermost; when it comes out of the oven, put in half a pint of cream and as much sack.

*Minced Pies.*

Parboil the best part of a neats tongue, peel it, cut in slices and let it to cool: To a pound of beef, tongue or veal, put two pounds of beef suet, then chop them all together on a block very fine; to each pound of meat put a pound of raisins stoned, and a pound of currants, cut or chopped small; then pound your spice, which must be cloves, mace, and nutmeg, season it as you like with sugar, candied orange lemon and citron peel shred, with two or three pippins, squeeze in the juice of one lemon, a large glass of sack with some dates shred small, mix these together, then make your pies, and bake them, but not too much. When your pies are served up, strew fine sugar over them.

*Another.*

To two pounds of meat, take four pounds of suet, one pound of raisins stoned, five pounds of currants, an ounce and a half

a half of cinnamon, half an ounce of mace, half an ounce of nutmegs, some clove, the juice of four lemons and grate one peel, three quarters of a pint of sack; one pound of six-penny sugar, four ounces of sweetmeats, and some salt.

#### *A Rice Pye.*

Boil half a pound of rice in water and then in milk, till it is as thick as oatmeal pudding, then set it by to cool, and beat in five eggs, leaving out two of the whites, put in half a pint of cream, a glass of sack and some rose water; season it with cloves, mace, nutmeg, and cinnamon, half a pound of sugar, three ounces of candid orange, some salt, a pound of currants, lemon and citron peel; cover it with puff paste and then bake it.

#### *An Apple Pye.*

Scald about a dozen apples very tender, and take off the skin, then take the pap of them and put to it twelve eggs, but six whites, beat them very well and take the crumb of a penny loaf grated, sugar it to your taste, and put a quarter of a pound of butter melted, mix them together and bake them in a dish, butter your dish and mind that the oven is not too hot.

#### *Ingredients for Sweet Pies.*

The meat, fish, or fowls, spice, balls, citron, lemon and orange peel candied, Spanish potatoes, skirrits, raisins, currants, grapes, damsons, gooseberries, sugar, and a saudle.

#### *Ingredients for Savoury Pies.*

The meat, fish, or fowls, spice, balls, bacon, lambs-stones, shivered palates, c eeks oombs and stones, oysters, artichoke bottoms, mushrooms, truffles, and a lear.

#### *Paste for a Pastry.*

Work up a peck of flour with six pound of butter and four eggs with cold water.

#### *Paste for a high Pye.*

To a peck of flour, take six pounds of butter boiled in a gallon of water, skim it off into the flour, add as little liquor as you can, work it well up into a paste, then pull it in pieces till it is cold, then make it up in what form you please. This is fit for the walls of a goose pyc.

*Paste for great Pies.*

Take a peck of flour and the yolks of three eggs, then boil some water and put in half a pound of dried suet, and a pound and a half of butter. Skim off the butter and suet, and as much of the liquor as will make it a light crust; work it up well.

*Paste R y l for Petty Pans.*

Work up a pound of flour, with half a pound of butter, two ounces of fine sugar and eggs.

*To make Savoy or French Biscuits.*

Provide a pair of scales, put three or four new laid eggs into one of them, and some baked flour into the other. so as to make an equal weight of both, and set by some powder sugar of the same weight and the eggs, with the whites of which a very strong froth is to be made, by whipping them well with a whisk, add thereto at first some candid lemon peel, grated or powdered, and then the flour that was weighed before: All being thus mingled together put in the sugar, and after having beat the whole mass again for a while, slip in the yolks so as the paste may be well tempered. This done shape your biscuits upon paper with a spoon, of a round or oval figure, and ice them neatly with powder sugar, afterwards let the biscuits be baked in an oven not too hot, given them a fine colour on the top. When they are done enough, cut them off from the paper with a thin knife, and lay them in boxes for use.

*To make common Biscuit*

Put the yolks and whites of seven or eight eggs into a basin, beat them with some sack and rose water, then add a pound of powder sugar, a pound of flour, and half an ounce of coriander seeds, mingle all these together, and dress your paste in paper cases, or in tin moulds, in any form you please, then ice and dust the biscuits with fine sugar, put them into an handkerchief, and set them in an oven moderately heated, till they rise and come to a good colour, When they are baked, take them up with the point of a knife, let them be thoroughly dried in the stove.



## S O U P S &amp;c.

*To make Calf's Feet Broth.*

**A**FTER boiling the feet in just so much water as will make a good jelly, strain it and set the liquor on the fire again, put in two or three blades of mace; put about half a pint of sack to two quarts of broth, add half a pound of currants picked and washed: and when they are plumped beat up the yolks of two eggs and mix them with some of the cold liquor; thicken it over a gentle fire, then sweeten it with sugar to your palate, and season it with salt then stir in a bit of butter, and put in the juice and peel of a fresh lemon just before you take it off.

*Mutton Broth.*

Get a neck of mutton of five or six pounds. cut it in two, boil the craig in a gallon of water, skim it well, then put in sweet herbs, an onion and a crust of bread. When it has boiled an hour, put in the other part of the mutton, a few cives, a turnip or two and some parsley chopped small, season it with salt, you may put in a quarter of a pound of barley or rice, but some like it thickened with oatmeal, some with bread. If you boil turnips for sauce, don't boil them all in the broth, because that will make it too strong.

*Veal Soup.*

Take a knuckle of veal, cut it into pieces, boil it with a pullet and half a pound of Jordan almonds, beaten small. Stew it well and very tender. You may boil a chicken to lay in the middle, then skim it clean and season it with salt, and a blade of mace, take the yolks of four eggs, and beat them in some broth; draw it up as thick as cream and serve it hot,

*Calf's Head Soup.*

Stew a Calf's head, tender, then strain off the liquor and put into it a bunch of sweet herbs. onion, mace, some pearl barley, pepper and salt, boil all a small time, then seive it up with the head in the middle boned.

Garnish with bread toasted brown, and grated round the brim.

*Green Pease Soup without meat.*

While you are shelling the peas, separate the gouny from

the old, and boil the old ones, till they are soft that you can pass them through a cullender, then put the liquor and the pulped pease together, put in the young pease whole, adding some pepper, two or three blades of mace and clovers.

When the young pease are boiled enough, put a faggot of thyme and sweet marjoram, some mint, spinage, and a green onion shred, but not too small, with three quarters of a pound of butter into a saucepan; and as th se boil up shake in some flour to boil with it, to the quantity of a good handful or more; put also a loaf of french bread into the broth to boil, mingle the broth, herbs, &c. together: season it with salt to your palate, garnish with white toasts neatly cut and some of the young peas.

#### *Common Peas Soup.*

Put a quart of good boiling peas into a gallon of soft cold water, add thereto some beef or mutton, and a little bacon with an onion or two, if you don't dislike them, boil all together till it is thick, salt it to your taste and thicken it with some wheat flour, strain it through a cullender boil some cellery, cut it in small pieces, with some crisp bread, and crisp some spinage as you would do parsley, then put it in a dish. Garnish your dish with raspings of bread.

#### *Rice Soup.*

Your stock must be of veal and fowl; put in half a pound of rice, a pint of gravy and a knuckle of veal, stowe it tender, season with mace and salt, then make a rim round a dish, and garnish with heaps of rice, some colour'd with saffron, placing one heap of white and one yellow all round.

#### *Jelly Broth for Consumptive Persons.*

Get a joint of mutton, a capon, a fillet of veal and three quarts of water, put these in an earthen pot, and boil them over a gentle fire till one half be consumed, then squeeze all together, and strain the liquor through a linen cloth.

#### *To make a solid Soup.*

Take a leg of veal or any other young meat, cut off all the fat, and make strong broth after the common way, put this into a wide basin, or a stew pan well tin'd, let it stew gently over a slow fire, till it is boiled away to one third of the

the quantity, then take it from the fire and set it over water that is kept constantly boiling, this being an even heat and not apt to burn to the vessel; in this manner let it evaporate, stirring it often, till it becomes when cold, as hard a substance as glue, then let it dry by a gentle warmth and kept from moisture.

When you use it, pour boiling water upon it. It makes an excellent broth, either strong or small according to the quantity you put in. It will keep good at least twelve months.

*To make green Pease Soup.*

Take a neck of mutton and a knuckle of veal, make of them some good gravy; then take half a peck of the finest young peas, boil and beat them to a pulp; then put to them some of the gravy, strain them through a hair sieve to take out the pulp, put all together with some salt and whole pepper, then boil it a little, and if the soup is not green enough, boil a handful of spinach very tender, rub through a hair sieve and put it into the soup, with one handful of wheat flour to keep it from running; you must not let it boil after the spinach is put in, it will discolour it, then cut white bread in diamonds, fry them in butter till crisp, and put it into a dish with a few whole peas. Garnish with cream rice and red beet root.

You may make asparagus soup the same way, only add tops of asparagus instead of whole pease.

*A good sauce for roasted Meat.*

Wash an anchovy very clean, and put to it a glass of red wine, some gravy or strong broth, some nutmeg, one shallot sliced and the juice of a Seville orange; stew these together a little, and pour it to the gravy that runs from the meat.

*A good Gravy for any Use.*

Take two ounces of butter, and burn it in a frying pan till it is brown, but not black, put in two pounds of coarse lean beef, two quarts of water, and half a pint of wine, either red or white as you would have the colour; put in three or four shallots, six mushrooms, cloves, mace, whole pepper, and five anchovies, let it stew an hour over a gentle fire, and then strain it for use.

JELLIES

## JELLIE and JAMS.

*Calf's Feet Jelly.*

CUT four calf's feet in pieces, put them in a pipkin with a gallon of water, cover them close, and boil them gently till almost half be consumed, run the liquor through a sieve and let it stand till cold. Then with a knife take off the fat at top and bottom, and melt the fine part of the jelly in a preserving pan or skillet, then put in a pint of rhenish wine, the juice of five lemons, double refined sugar to your taste, the whites of eight eggs beaten to a froth stir and boil all these together near half an hour, then strain it through a sieve into a jelly bag, a very small sprig of rosemary and a piece of lemon peel. pass it through the bag till it is as clear as water.

*Hartshorn Jelly.*

Take half a pound hartshorn, put it into an earthen pan with two quarts of spring water, cover it and set it in the oven all night, then strain it into a pipkin with half a pound of double refined sugar, half a pint of rhenish wine, the juice of three lemons, three blades of mace, the whites of five eggs well beaten, and mix it that it may not cordle, set it on the fire till there ariseth a thick scum, run it through a napkin, and turn it up again till it is quite clear.

*Jelley of Apples.*

Cut your apples into pieces and boil them over the fire with water in a copper pan till they resemble marmalade, then strain them through a linen cloth or sieve, put three quarters of a pound of crack'd boiled sugar to every quart of liquor; boil it all to a degree between smooth and pearled, taking off the scum as it rises.

If you chuse the jelly red, add some red wine or prepared cochineal, keeping it covered. After the same manner you may make the jelly of pears and other fruits.

*White Currant Jelly.*

When the currants are just ripe, strip them from the stalks into a skillet. and cover them with spring water, that is, half a pint of water to a pint of currants, set them upon a gentle charcoal fire, and let them stew till the currants are dissolved, then



then let the clear juice run through a jelly bag, and to every pound of that take a pound of double refined sugar, wet it with fair water, and boil it to a high candy; then put in your currant juice, and let it have but one boil, then put in juice of lemon to your taste and let it have heat, (but boil it no more after the lemon is in and gas it.

#### *Raspberry Jam.*

Take a pint of currant jelly and a quart of raspberries bruise them well together, set them over a slow fire, keeping it stirring till it boils, Let it boil five or six minutes, pour it into gallipots, paper them as you do the currant jelly and keep it for use. They will keep for two or three years, and have the full flavour of the raspberry.

#### *To Colour Jellies.*

Jellies made of hartshorn or calves feet, may be made of what colour you please; if white, use almonds pounded and strained after the usual manner; if yellow, put in some yolks of eggs, or saffron steeped in the jelly and squeezed; if red some juice of red beet; if grey, some cochineal; if purple, some purple turnsole, or powder of violet; if green, some juice of beet leaves, or spinage, which must be boiled to take away its crudity.

## P O T T I N G.

#### *To pot Beef or Venison.*

WHEN you have boiled or baked, cut your meat small, let it be well beaten in a marble mortar, with some butter melted for that purpose, and two or three anchovies, till it is mellow, and agreeable to your palate. Then put it close down in pots, and pour over them a sufficient quantity of clarified butter. You may season your ingredients with what spice you please.

#### *To pot Pidgeons or any other Fowls.*

Your pidgeon being trussed and seasoned with savoury spice; put them in a pot, cove them with butter and bake them;

them; then take them out and drain them. and when they are cold cover them with clarified butter. The same way you may pot fish, only bone them when they are baked.

*To pot Charrs or Trouts.*

Clean the fish well and bone them, wash them with vinegar, cut off the tails, fins and head, then season them with pepper, salt, nutmeg, and a few cloves, then put them close in a pot and bake them with some verjuice and some butter let them be covered close and bake two hours; then pour off the liquor and cover them with clarified butter.

*To Pot Lampreys or Eels.*

Take lampreys or eels, skin, gut and wash them and slit them down the back, take out the bones and cut them in pieces to fit your pot; then season them with pepper, salt, nutmeg, and put them in the pot with half a pint of vinegar, They must be close covered, and bake half an hour, when done pour off the liquor, and cover them with clarified butter.

## C O L L A R I N G.

*How to Collar Beef.*

**P**UT a flank of beef in ham brine a fortnight, then take it out and dry it in a cloth, lay it on a board, take out all the leather and skin, cut it cross and a-cross season it with savoury spice, two anchovies and a handful or two of thyme, parsley, sweet marjoram, winter savoury, onions and fennel; stew it on the meat, roll it in a hard collar in a cloth, sew it close, tie it at both ends and put it in a collar pot with a pint of claret cochineal and two quarts of pump water. When it is cold, take it out of the cloth.

*To Collar Breast of Veal.*

Bone the veal, season it all over the inside with cloves, mace and salt beat fine, a handful of sweet herbs stripped off the stalk and some sage, penny-royal and parsley shred very fine, then roll it up as you do brawn; bind it with narrow tape

tape very close, then tie a cloth round it, boil it very tender in vinegar and water, a like quantity, with some cloves, mace, pepper, and salt all whole. Make it boil, then put in the collars, when boiled tender take them up, and when both are cold, take off the cloth lay the collars in an earthen pan, pour in the liquor and keep it for use,

*To Col'ar a Breast of Mutton.*

Cut of the red skin and take out the bones and gristles. Then take grated white bread, some cloves, mace, salt and pepper, the yolks of three hard eggs bruised small, some lemon peel shred fine, with which, having laid the meat even and flat, season it all over and add four or five anchovies washed and boned, then roll the meat like a collar, and bind it with coarse tape, and bake, boil or roast it.

*To Collar a Pig's Head.*

Take the head, feet tongue, and ears of a scalded porker. Soak and wash them; boil them tender, take out all the bones and gristles, then salt them to your taste, take a cloth, sew it tight over it, and tie each end, then roll it round with a roller and boil it two hours, lay it strait against a board, and lay a weight upon it of five or six pound till the next day, then unroll it and put it into pickle as brawn.

*To Collar Eels.*

Scour large silver eels with salt, slit them down the back and take out all the bones, then wash and dry them, season them with savoury spice, minced parsley, thyme, sage, and onion; roll each in little collars in a cloth and tie them close. Boil them in salt and water with the heads and bones, half a pint of vinegar, a bunch of herbs, some ginger and a pennyworth of isinglass, when they are tender take them up, tie them close again, strain the pickle and put the eels into it.

*To dress Turtle.*

The morning that you intend to dress the turtle, fill a boiler or kettle with a quantity of water sufficient to scald the callapach and callapee, the fins, &c. and about nine o'clock hang up your turtle by the hind fins, cut off his head, and save the blood; then with a sharp pointed knife separate the

H callapach

callapach from the callappe (or the back from the belly part) down to the shoulders, so as come at the entrails; which take out, and clean them as you would do any other animal, and throw them into a tub of clean water; taking great care not to break the gall, but cut it of the liver and throw it away. Then seperate each part distinctly, and take the guts into another vessel, open them with a penknife from end to end, wash them clean and draw them through a woollen cloth in warm water, to clear away the slime, and then put them into clean cold wa er till they are ysed, with the other part of the entrails, which must all be cut up small to be mixed in the baking dishes with the meat. This done, seperate the back and belly pieces entirely, cutting away the four fins by the upper joints, which scald and peel off the loose skin, and cut them into small pieces, laying them by themselves, either into another vessel or on the table, ready to be seasoned. Then cut off the meat from the belly part, as small as a walnut. After this you are to scald the back and belly pieces, pulling of the shell from the back and the yellow skin from the belly; and all will be white and clean, then with a kitchen cleaver cut those up about the bigness or breadth of a card, Put those pieces into clean cold water, wash them out and piace them in a heap on the table so that each part may lie by itself.

The meat being thus prepared and laid seperately for seasoning, mix 2--3d parts of salt, and 1--3d part Cayan pepper, black pepper, and a spoonfull of black nutmeg and mace pounded fine and mixed together, so that in each dish there may be about three spoonfulls of seasoning to every twelve pounds of meat.

Your meat being thus seasoned, get some sweet herbs, such as thyme, favyory, &c. let them be dried and rubbed fine, and having provided some deep dishes to bake it in, which should be of the common brown ware put in the coarsest part of the meat at the bottom, with quarter of a pound of butter in each dish, and then some of each of the parcels of meet, so that the dishes may be all alike, and have equal portions; and between each laying of the meat strew some of this mixture of sweet herbs. Fill your dishes within two inches of the top; boil the blood of the turtle and put into it; then lay on force meat balls seasoned the same as the turtle; and put into each dish a gill of Madeira wine, and



as much water as will conveniently hold; then break over it five or six eggs to keep the meat from scorching at the top and over that shake a small handful of shred parsley, to make it look green; which done, put your dishes into an oven made hot enough to bake bread, and in two hours, (according to the size of the dishes) it will be done.

P. S. Bring your turtle to the table in the dishes it was baked, in order to keep it warm, while it is eating.

*To dress a mock Turtle.*

Take a calf's head, and scald off the hair, as you would do off a Pig; then clean it, cut off the horny part in thin slices, with as little of the lean as possible; put in a few chopped oysters, and the brains; have ready about a quart of strong mutton or veal gravy, a quart of Madeira wine, a large tea spoonfull of Cayenne pepper, a large onion chopped very small; half the peel of a large lemon, shred very fine, some salt, the juice of four lemons, and some sweet herbs cut small, stew all these together till the meat is very tender, which will be in about an hour and an half, and then have ready the back shell of a turtle, lined with a paste of flour and water, which you must first set in the oven to harden; then put the ingredients and set it in the oven to brown the top; when that is done, suit your garnish at the top with the yolks of eggs boiled hard, and force-meat balls.

N. B. This receipt is for a large head. if you cannot get the shell of a turtle, a china soup dish will do as well. It will do without the oven. Take a fine knuckle of veal, cut off the skin, and cut some of the firm lean into small pieces and stew it with the other white meat.

Take the firm hard fat which grows between the meat and lay that in the sauce of spinach or sorrel, till half an hour before the above is ready, then take it out and lay it on a sieve to drain, and put in juice to stew with the above. The remainder of the knuckle will help the gravy.

## Preferving, Drying, and Candying.

### *To make Orange Marmalade.*

**T**AKE the best Seville oranges, cut them in quarters, grate them to take out the bitterness, and put them in water, which you must shift twice or thrice a day, for three days. Then boil them, shifting the water till they are tender, shred them very small, then pick out the skin and seeds from the meat which you pulled out, and put to the peel that is shred; and to a pound of that pulp take a pound of double refined sugar. Wet your sugar with water, and let it boil up to candy height (with a very quick fire) which you may know by the dropping of it, for it hangs like a hair; then take it off the fire, put in your pulp, stir it well together, then set it on the embers, and stir it till it is thick, but let it not boil. If you would have it cut like marmalade, add some jelly of pippins, and allow sugar for it.

### *To preserve Cherries with the leaves and stalks green.*

First, dip the stalks and leaves in the best vinegar boiling hot, stick the sprigg upright in a sieve till they are dry, in the mean time boil some double refined sugar to syrup, and dip the cherries, stalks, and leaves in the syrup, and just let them scald; lay them on a sieve, and boil the sugar to a candy height, then dip the cherries, stalks, leaves and all: then stick the branches in sieves, and dry them as you do other sweetmeats. They look very pretty at candle light in a desert.

### *To make Conserve of Red-Roses, or any other Flowers,*

Take rose buds or any other flowers, and pick them, cut off the white part from the red, and put the red flowers and sift them through a sieve to take out the seeds; then weigh them, and to every pound of flowers take two pounds and a half of loaf sugar, beat the flowers pretty fine in a stone mortar, then by degrees put the sugar to them, and beat it very well till it is well incorporated together, then put it into gallipots, tie it over with paper, over that a leather, and it will keep for seven years,

*To make Conserve of Hips.*

Gather hips before they grow soft, cut off the heads and stalks, slit them in halves, take out all the seeds and white that is in them very clean, then put them into an earthen pan, and stir them every day, or they will grow mouldy. Let them stand till they are soft enough to rub them through a coarse hair sieve, as the pulp comes take it off the sieve; they are a dry berry, and will require pains to rub them through, then add its weight in sugar, mix them well together without boiling, and keep it in deep gallipots for use.

*To make Syrup of Roses.*

Infuse three pounds of damask rose leaves in a gallon of warm water, in a well glazed earthen pot, with a narrow mouth, for eight hours, which stop so close that none of the virtue may exhale. When they have infused so long, heat the water again, squeeze them out, and put in three pounds more of rose leaves, to infuse for eight hours more, then press them out very hard, then to every quart of this infusion add four pounds of fine sugar, and boil it to a syrrup.

*To make Syrup of Citron.*

Pare and slice your citrons thin, lay them in a bason with layers of fine sugar. The next day pour off the liquor into a glass, skim it, and clarify it over a gentle fire.

*To make Syrup of Clove Gilliflowers.*

Clip your gilliflowers, sprinkle them with fair water, put them in an earthen pot, stop it up very close, set it in a kettle of water, and let it boil for two hours, then strain out the juice, put a pound and a half of sugar to a pint of juice, put it into a skillet, set it on the fire, keep it stirring till the sugar is all melted, do not let it boil, then set it by to cool, and put it into bottles.

*To Preserve Walnuttrees.*

WIPE them very clean, and lay them in salt and water twenty-four hours, then take them out, and wipe them very clean, have ready a Skillett of water boiling, throw them in, let them boil a minute, and take them out. Lay them on a coarse cloth and dry you. sugar as above, then just give your walnuts a scald in the sugar, take them up and lay them

to

to cool. Put them in your preserving pot, and pour on your syrup as above.

*To keep Green Peas till Chrifimas.*

Take fine young peas. fhell them, throw them into a culender to drain, then lay a cloth four or five times double on a table, and fpread them on, dry them very well and have your bottles ready, fill them and cover them with mutton fuet, when it is a little cool, fil the necks almoft to the top, cork them, tie a bladder and a lath over them and fet them in a cool dry place.

*To keep French Beans all the Year.*

Take young beans gathered on a dry day, have a large ftone jar ready, put a layer of falt at the bottom, and then a layer of beans, and fo untill the jar is full, cover them with falt and tie a coarfe cloth over them, and a board on the top, and then a weight to keep it clofe from the air; fet them in a dry cellar, and whey you ufe them, take fome out, and cover them up again; wafh them you take out very clean, and let them lie in foft water 24 hours, fhifting the water often, when you boil them do not put any falt in the water.

*To keep white Bullace, Pears, Plumbs, or damfons. &c. for Tarts or Pies.*

Gather them when full grown, and juft as they begin to turn. Pick all the largeft out, fave about two thirds of the fruit, to the other third put as much water as you think will cover them, boil and skim them. when the fruit is boiled foft, ftrain it through a coarfe hair fieve, and to every quart of this liquor put a pound and a half of fugar, boil it and skim it, then throw in your fruit, juft give them a fcaid, take them off the fire, and when cold put them into bottles with wide mouths, pour your fuyap over them, lay a piece of white paper over them and cover them with oil.

*To make Marmalade.*

To two pound of quinces put three quarters of a pound of fugar, and a pint of fpring water, then put them over the fire, and boil them tender, then take them up and bruife them



them, then put them into the liquor, and boil it three quarters of an hour, and then put it into your pots.

*To preserve Mulberries whole.*

Set some mulberries over the fire in a skillet, or preserving pan, draw from them a pint of juice when it is strained then take three pounds of sugar beaten very fine, wet the sugar with the pint of juice, boil up your sugar and skim it put in two pounds of the Mulberries, and let them stand in the syrup till they are thoroughly warm. then set them on the fire, and let them boil very gently, do them but half enough, so put them by in the syrup till the next day, then boil them gently again; when the syrup is pretty thick and will stand in round drops when it is cold, they are enough, so put them into a gallipot for use.

*To preserve Gooseberries, Damsons, or Plumbs.*

Gather them when dry, full grown, and not ripe; pick them, put them into glass bottles that are very clean and dry, take and cork them close with new corks, then put a kettle of water on the fire and put the bottle in with care, wet not the corks but let the water come up to the necks, make a gentle fire till they are coddled and turn white, do not take them up till cold; then pitch the corks all over, or wax them close and thick, then set them in a dry cellar to preserve.

*To preserve Peaches.*

Put your peaches in boiling water, just give them a scald, but don't let them boil, take them out and put them in cold water, then dry them in a sieve and put them in wide mouth'd bottles, to half a dozen peaches, take a quarter of a pound of sugar, clarify it pour it over your peaches and fill the bottles with brandy. Stop them close, and keep them in a close place.

*To preserve Apricots.*

Take your apricots and pare them, then stone what you can whole; give them a short boiling in a pint of water, or according to your quantity of fruit then take the weight of your apricots in sugar, and take the liquor which you boil them

hem in and your sugar, and boil it till it comes to a Syrup and give them a short boiling, taking off the scum as it rises When the syrup jellies it is enough, then take up the apricots and cover them with jelly and cut paper over them, and lay them down when cold.

*To preserve Cherries*

Take two pound of Cherries, one pound and a half of sugar, half a pint of fair water, melt your sugar in it, when it is melted put in your other sugar and cherries, then boil them softly till the sugar be melted then boil them fast and skim them, take them off two or three times and shake them put them on again and let them boil fast, and when they are of a good colour they are enough.

*To preserve Raspberries.*

Chuse raspberries that are not too ripe, and take the weight of them in sugar, wet your sugar with a little water, put in your berries and let them boil softly take heed of breaking them, when they are clear take them up and boil the syrup thick, then put them in again, and when they are cold put them in glasses.

*To preserve Currants.*

Take the weight of the currants in sugar, pick out the seeds, take to a pound of sugar half a pint of water, let it melt then put in your currants and let them do very gently, skim them and take them up, let the syrup boil. then put them on again, and when they are clear, and the syrup thick, take them off, when they are cold put them in glasses.

*To dry Peaches.*

Take the fairest and ripest peaches pare them into fair water, take their weight in double refined sugar, of one half make a very thin syrup, then put in your peaches, boiling them till they look clear, then split and stone them. Boil them very tender, lay them adraining, take the other half of the sugar, and boil it almost to a candy, then put in your peaches and let them be in 12 hours, then lay them on a glass, and set them on a stove to dry. In they are sugared

too

oo much, wipe them with a wet cloth, let the first syrup be thin, a quart of water to a pound of sugar,

*To dry Cherries.*

To four pounds of cherries put one pound of sugar, and just as much water to the sugar as will wet it, when it is melted, make it boil, stone your cherries, put them in and make them boil: skim them two or three times, and take them off and let them stand in the syrup two or three days, boil your syrup and put it to them again, don't boil your cherries again. Let them stand three or four days, then take them out, lay them in sieves to dry, when dry, lay them in rows on papers, and so a row of cherries, and a row of white paper in boxes.

*To Candy Angelica.*

Take it in April, boil it in water till it be tender, then take it up and drain it from the water, then scrape the outside of it, dry it in a clean cloth and lay it in the syrup, let it be three or four days, cover it close: the syrup must be strong of sugar and keep it hot a good while, but not to boil, when it is seated a good while, put it upon a pie plate, let it dry, keep it near the fire lest it dissolves.

## P I C K L I N G.

*Rules to be observed in Pickling.*

NEVER use any thing but stone jars for all sorts of pickles that require hot pickle to them. for vinegar and salt will penetrate through earthen vessels; stone and glass is the only thing to keep pickles in. Be sure never to put your hands in to take pickles out. The best way is, to every pot tie a wooden spoon, full of little holes, to take the pickles out with.

*To pickle Walnuts.*

Get some walnuts at the latter end of July when a pill will pass through them, and put them into a deep pot, cover them over with ordinary vinegar, change them into fresh vinegar once in fourteen days till six weeks is past; then take two gallons of the best vinegar, and put in a large onion stuck with cloves. To a hundred of walnuts put in half a pint of mustard seed, a quarter of an ounce of mace, half an ounce of black pepper, half an ounce of all spice, six bay leaves, and a stick of horse-radish; then fill your pot, and pour boiling vinegar over them. Cover them with plate, and when they are cold tie them down with a bladder and leather, and they will be fit to eat in two or three months. The next year, if any remains, boil up your vinegar again, and skim it; when cold, pour it over your walnuts. This is by much the best pickle for use; therefore you may add more vinegar to it, what quantity you please. If you pickle a great many walnuts, and eat them fast, make your pickle for a hundred or two, the rest keep in a strong brine of salt and water, boiled till it will bear an egg, and as your pot empties, fill them up with those in the salt and water. Take care they are covered with pickle.

*To pickle Gherkins.*

Take what quantity of cucumbers you think fit, and put them in a stone jar, then take as much spring water as you think will cover them; to every gallon of water put as much salt as will make it bear an egg, set it on the fire, and let it boil two or three minutes, then pour it on your cucumbers, and cover them with a woollen cloth, and over that a pewter dish; tie them down close, and let them stand 24 hours; then take them out, lay them in a cloth, and another over them to dry them. Then put them in a jar with some dill and fennel, a very small quantity. To every three quarts of vinegar, one quart of spring water, till you have enough to cover them, put in some bay salt and white. To every gallon of pickle put one nutmeg cut in quarters, a quarter of an ounce of cloves, a quarter of an ounce of mace, a quarter of an ounce of whole pepper, and a large race of ginger sliced; boil all together in a bell metal or copper pot, pour it boiling hot on your cucumbers, and cover them as before.

You



You are to put the spice in the jar with the cucumbers, and boil the vinegar, water, and salt, and pour over them. The boiling of your spice in all pickles spoils them, and loses the flavour of the spice.

*To pickle Asparagus.*

Take the largest asparagus you can get, cut off the white ends, and wash the green ends in spring water, then put them in another clean water, let them be two or three hours in it; then put them in a broad stew-pan full of spring water, a handful of salt; set it on the fire, and when it boils put in the grass, not tied up, and not too many at a time, for fear you break the heads. Just scald them and no more and lay them on a cloth to cool. For your pickle; to a gallon of vinegar one quart of spring water, and a handful of bay salt; let them boil and put your asparagus in your jars; to a gallon of pickle, two nutmegs, a quarter of an ounce of mace, the same of whole white pepper, and pour the pickle hot over them. Cover them with a linen cloth four times double, let them stand a week, and boil the pickle. Let them stand a week longer, boil the pickle again, and pour it on hot as before. When they are cold, cover them up close.

*To pickle Raddish Pods.*

Make a strong pickle with spring water and bay salt, strong enough to bear an egg, then put your pods in, and lay a thin board on them to keep them under water. Let them stand ten days, then drain them in a sieve, and lay them on a cloth to dry; then take white wine vinegar, as much as you think will cover them, boil it and put your pods in a jar, with ginger, mace, cloves, and Jamaica pepper. Pour your vinegar boiling hot on, cover them with a course cloth four times double, and let them stand two days. Repeat this three times; when it is cold, put in a pint of mustard seed, and some horse-raddish; then cover it close.

*To pickle French Beant.*

Pickle your beans as you do your gherkins.

*To pickle Beet root.*

Set a pot of spring water on the fire ; when it boils put in your beets, and let them boil till they are tender, then peel them with a cloth and lay them in a stone jar ; take 3 quarts of vinegar, two of spring water, and so do till you cover your beets. Put your vinegar and water in a pan, and salt to your taste ; stir it together, till the salt is melted, pour them on the beets, cover it with a bladder, do not boil the pickle.

*To pickle white Plumbs.*

Take the large white plumbs ; if they have stalks, let them remain on, and do them as you do your peaches.

*To pickle Nectarines and Apricots.*

They are done the same as the peaches. All strong pickles wastes with keeping ; therefore you must fill them up with cold vinegar.

*To pickle Codlins.*

When you have greened them as you do pippins, and they are quite cold, then with a spoon take off the eye as whole as you can, scoop out the core, put in a clove of garlic, fill it up with mustard seed, lay on the eye again, and put them in your glasses, with the eye uppermost. Put the same pickle as you do to the pippins, and tie them down close.

*To pickle Red Currants.*

They are done the same as barberries.

*To pickle Fennel.*

Set spring-water on the fire with a handful of salt ; when it boils, tie your fennel in bunches, and put them into the water, just give them a scald, lay them on a cloth to dry ; when cold, put in a glass, a little mace and nutmeg, fill it with cold vinegar, lay a bit of green fennel on the top, and over that a bladder and leather.

*To pickle Barberries.*

Take of white wine vinegar, and water, of each an equal quantity ; to every quart of this liquor put in half a pound  
of

of sixpenny sugar, pick the worst of your barberries and put in this liquor, and the best into glasses ; then boil your pickle with the worst of your barberries and skim it very clean. Boil it of a fine colour, then let it stand to be cold before you strain ; then strain it through a cloth, wringing it to get all the colour from your barberries. Let it stand to cool and settle, then pour it clear in the glasses in some of the pickle, boil a little fennel ; when cold, put a little bit at the top of the pot or glass, and cover it close with a bladder and leather. To every half pound of sugar put a quarter of a pound of white salt.

*To pickle Red Cabbage.*

Slice the cabbage thin, put to it vinegar and salt, and an ounce of all spice cold ; cover it close and keep it for use. It is a pickle of little use but for garnishing of dishes, sallads, and pickles.

*To pickle Golden Pippins.*

Take the finest pippins you can get, free from spots and bruises, put them into a preserving pan of cold spring-water, set them on a charcoal fire. Keep them turning with a wooden spoon till they will peel ; do not let them boil. When they are boiled, peel them, put them in the water again, with a quarter of a pint of the best vinegar, and a quarter of an ounce of allum, cover them close with a pewter dish, set them on the charcoal fire again, a slow fire not to boil. Let them stand, turning them now and then, when they look green take them out, and lay them on a cloth to cool ; when cold make your pickle as for the peaches, only instead of made mustard, this must be mustard seed whole. Cover them close, and keep them for use.

*To pickle Artichoke Bottoms.*

Boil artichokes till you can pull the leaves off, then take off the chokes, and cut them from the stalks ; take great care you don't let the knife touch the top, throw them into salt and water for an hour, take them out and lay them on a cloth to drain, then put them into a large wide mouth'd glasses, put some mace and sliced nutmeg between, fill them  
either

either with distilled vinegar, or your sugar-vinegar, spring water; cover them with mutton fat fried, tie them down with a bladder and leather.

*To pick'e Samphire.*

Take the samphire green, lay it in a clean pan, throw in three hands full of salt over it, cover it with spring-water. Let it lie 24 hours, then put it into a clean brasse sauce-pan, throw in a handful of salt, cover it with good vinegar. Cover the pan close, set it over a slow fire; let it stand till it is just green and crisp, then take it off in a moment, for if it stands to be soft it is spoild; put it in your pickling pot, cover it close, When it is cold, tie it down with a bladder, and keep it for use.

*To pickle Sprats for Anchovies.*

Take an anchovy barrel, or a deep glaized pot, put a few bay leaves at the bottom, some bay salt, salt petre mixed together, then a layer of sprats crouded close, then bay-leaves and the same salt and sprats, and so till your pot or barrel be full, then put in the head of your barrel close, once a week turn the other end upwards. In three months they will be fit to eat raw as anchovies.

*To pickle Onions.*

Let your onions be small and white, peel them and give them one boil, then let them cool, make your pickle with half wine and vinegar, put in some mace, slices of nutmeg, salt, some ginger, boil this up, skim it, let it stand till cold, put in your onions, cover them with a wet bladder and leather, let it be quite cold before you put in your onions, and they will keep a whole year.

*To pickle Mushrooms*

Having cut off the stalks and peeled the buttons, throw them into water, let them have one boil in salt and water, then strain them through a coarse sieve, let them stand till they are cold, then take vinegar, salt, mace, ginger, and nutmeg sliced, put in your mushrooms and bottle them up close.

To



*To make Catchup to keep for twenty Years.*

Take a gallon of strong stale beer, one pound of anchovies washed from the pickle, a pound of shalots peeled, half an ounce of mace, half an ounce of cloves, a quarter of an ounce of whole pepper, three or four large races of ginger, two quarts of the large mushroom flaps rubbed to pieces. Cover it close, let it simmer till it is half wasted, strain it through a flannel bag, when it is cold bottle it. The stronger and staler the beer is, the better the catchup will prove.



• English made Wines, &c.

*Damson Wine.*

**T**O every five quarts of damsons, put 2 gallons of water, to which add five pounds of sugar, stone your damsons, boil them till the liquor is of a fine colour, then strain them thro' a sieve, set it a working in an open vessel four days; then pour it off the lees, let it work in that vessel as long as it will, then stop it up for half a year or more, till it is fine, then bottle it, and let it stand for a year or two before you drink it.

*Raspberry Wine.*

Bruise ripe raspberries with the back of a spoon, strain hem, fill a bottle with the juice, stop it but not very close, set it by five days; then pour it from the dregs, add thereto as much rhenish or white wine, as the juice will colour; sweeten your wine with loaf sugar, and bottle it up for use.

*To make Mead.*

Put sixty quarts of water to five quarts of honey, eighteen races of sliced ginger, one handful of rosemary, let them boil three hours and scum'd perpetually; when it is cold, then put your yeast to it, it will be fit to bottle in about ten days.

*To make Currant Wine.*

When your currants are full ripe gather them, strip them, bruise them in a mortar, and to every gallon of the pulp put two quarts of water, first boiled and cold. let it stand in a tub to ferment; let it run through a hair sieve, let it take its time to run, and to every gallon of this liquor put two poundes and a half of white sugar, stir it and put it in your vessel, and to every six gallons put in a quart of the rectify'd spirit of wine, let it stand six weeks and bottle it.

*To make Cherry Wine.*

Pu'll off the stalks of the cherries, and wash them without breaking the stones; press them through a hair bag, and put two pounds of course sugar to every gallon of liquor. The vessel must be full, stop it up close a month or more, when it is fine draw it into dry bottles. It will be fit to drink in three months.

*Raisin Wine.*

Put five pounds of Malaga or Belvedere raisins to every gallon of clear Thames or other river water, steep them a fortnight, stirring them every day, then pour the liquor off, squeeze the juice of the raisins, put both liquors together in a vessel that is just large enough to contain it, for it should be quite full; let the vessel stand till your wine is done hissing, or making the usual noise. You may add a pint of French brandy to every two gallons, then stop it up close, and when you find it is fine bottle it off.

If you would have it red, put one gallon of Alicant wine to every four of raisin wine.

*Red or white elder Wine.*

Gather the elder berries ripe and dry, pick them, bruise them with your hand and strain them, then set the liquor by in glaz'd earthen vessels for 12 hours to sett c, then put a pint and a half of water to every pint of juice, put three pounds of Lisbon sugar to every gallon of this liquor; set this in a kettle over the fire, when it is ready to boil, clarify it with the whites of four or five eggs, let it boil an hour, when it is almost cold work it with strong ale yeast, then turn it, filling up the vessel from time to time with the same liquor saved on purpose, as it sinks by working. In a  
month's

month's time, if the vessels hold about eight gallons, it will be fine and fit to bottle, after bottling it will be fit to drink in 2 months, but remember that all liquors must be fine before they are bottled, or they will grow sharp, and ferment in the bottles.

N, B. Add to every gallon of this liquor a pint of strong mountain wine.

Prepare your red elder wine in the same manner as that you make with sugar; and if your vessels hold about 8 or 10 gallons, it will be fit for bottling in about a month's time, but if the vessel be larger, it must stand longer in proportion, four months at least for a hoghead.

*To make Hungary Water.*

Put half a peck of rosemary flowers to a gallon of strong spirits; infuse them in the spirits for a fortnight, and then distill them.

## OF D U M P L I N G S.

*A Norfolk Dumpling.*

**M**AKE a batter as for pancakes with a pint of milk, 2 eggs, salt, and as much flour as is needful. Drop this batter in pieces into a pan of boiling water. And if the water boils fast they will be enough in 3 minutes; throw them in a sieve to drain, then put them in a dish, stir a piece of fresh butter in each and eat them hot.

*A hard Dumpling.*

Mix flour and water, and some salt like a paste, roll it in balls as big as a turkey's egg, have a pan of boiling water ready, throw the balls of paste into the water, having first rolled them in flour; they eat best boiled in a beef pot, and a few currants added makes a pretty change. Eat them with butter as above.

*Apple Dumplings.*

Pare and core as many codlings as you intend to make  
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dumplings, make some cold butter paste, roll it to the thickness of one's finger, and lap it round every apple singly, and if they be boiled singly in pieces of cloth, so much the better; put them in boiling water they will be done in half an hour, serve them up with melted butter and white wine, garnish with grated sugar about the dish.

## OF SYLLABUBS, CREAMS, and FLUMMERY.

*To make fine Syllabub from the Cow.*

**S**WEETEN a quart of cyder with double refined sugar, grate a nutmeg into it: then milk the cow into your liquor, when you have added what quantity of milk you think proper, pour half a pint or more (in proportion to the quantity of syllabub you make) of the sweetest cream over it.

*A Whipped Syllabub.*

Take two porringers of cream and one of white wine, grate the skin of a lemon, take the whites of 3 eggs, sweeten it to your taste, then whip it with a whisk, take off the froth as it rises, put it in your syllabub glasses, and they are fit for use.

*To make a fine Cream.*

Take a pint of cream, sweeten it to your palate, grate some nutmeg, put in a spoonful of orange flower water, rose water, and two spoonfuls of sack; beat up four eggs and two whites, stir it together one way over the fire, when it is thick pour it in cups.

*Lemon Cream.*

Take the juice of four large lemons, half a pint of water, a pound of double refined sugar beaten fine, put in the whites of seven eggs, and the yolk of one beaten very fine, mix them together and strain it, set it on a slow fire, stirring it, and skimming it clean, put into it the peel of one lemon when



when it is very hot, but not to boil, take out the lemon peel and pour it into china dishes and serve it up.

### *Raspberry Cream.*

Take a quart of thick sweet cream, and boil it two or three wall ps, then take it off the fire and strain some juice of raspberries into it to your taste, stir it one way for a quarter of an hour, then sweeten it to your taste, when it is cold send it up.

### *Whipped Cream.*

Take a quart of thick cream, the whites of eight eggs beaten with half a pint of sack; mix it together, sweeten it to your taste with double refined sugar; you may perfume it (if you please) with musk or ambergrease tied in a rag, and steeped in the cream. Whip it up with a whisk, and a piece of lemon-peel tied in the middle of the whisk. Take off the froth with a spoon and lay it in your glasses.

### *To make a Trifle.*

Cover the bottom of a dish or bowl with Naples biscuits broken in pieces, maccaroons broke in halves, and ratafia cakes. Just wet them through with sack, then make a good boiled custard not too thick, and when cold pour it over it, then put a syllabub over that. Garnish with ratafia cakes, currant jelly and flowers.

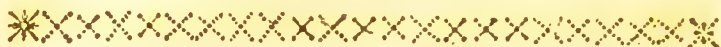
### *Flummary.*

Take a large calf's foot, cut out the great bones and boil them in two quarts of water, then strain it off, and put to the clear jelly half a pint of thick cream, two ounces of sweet almonds, and an ounce of bitter almonds beaten together. Let it just boil and then strain it off, when it is as cold as milk from the cow, put it in cups or glasses.

### *Necessary things to be provided when a Family is going into the Country for a Summer.*

Nutmegs, cinnamon, cloves, mace, pepper, ginger, Jamaica pepper, currants, raisins, sugar, prunes, oranges, lemons, anchovies, olives, capers, mangoes, salad oil, vinegar, verjuice, tea, coffee, chocolate, almonds, chest-

nuts, fago, truffles, morels, maccaroni, rice, millet, com-  
fus, vermicelli.



## B R E W I N G, &c.

### *The Method of Brewing Ale or Beer.*

**P**UT sixteen gallons of water into your copper, strew over it as much bran as will cover it, making it scalding hot, put a third part of it into the mashing tub, let it stand till the steam is so far spent that you can see your face in the liquor, then put to it a bushel of malt, stir it in the liquor. In the mean while make the rest of the water (left in the copper) boil, then either damp or put out the fire under the copper, that the liquor may be allayed in its heat, then put it into the mashing tub and stir it well together. If you suspect any ill taint in the malt, put in a shovel or two of hot coals to take it off.

While this liquor stands upon the malt in the mashing tub, heat sixteen gallons more of liquor, and having drawn off your first wort, put part of it upon the grains, then put in three pecks more of fresh malt, put upon it the liquor in the copper, stirring it as before, then put the first wort into the copper again, making it scalding hot, and put part of it into a second mashing tub, when the steam is over, stir in three pecks more of fresh malt, then put in the rest of the water and stir it, letting it stand two hours, then heat another sixteen gallons of water, and after that which was put into the first mashing tub has stood two hours, draw it off, and also that wort which is in the second mashing tub, and put the grains out of the second mashing tub into the first, and into it the liquor in the copper, and let it stand an hour and a half.

If you would have beer, boil the wort with half a pound of hops for two hours, or till it looks curdled. For ale, boil the second wort with three ounces of hops for an hour and a half, boil the hops of both worts for an hour and a half in the other liquor and it will be good table beer.

*To recover Beer that is flat or dead.*

Take four gallons out of a hoghead and boil it with five pounds of honey, scum it, let it be cooled, and put it to the rest, stop it up close and it will drink pleasant.

*To make flat Beer drink new.*

Stamp the herb horehound, strain the juice and put a spoonful of it to a quart of beer, cover it and let it stand two hours, then drink it.

*To put a stop to Beer upon the fire.*

Pour a quart of black cherry brandy into a hoghead of beer and stop it up close.

## Useful Family RECEIPTS.

*An excellent Way to take Spots or Stain out of Linen.*

**D**ISSOLVE bay-salt in water, and steep the linen therein; take the juice of sorrel and sharp vinegar, rub the spot with them, let it soak in, and in often doing it will disappear.

*To take Iron Moulds out of Linen.*

Procure some sorrel, bruise it in a mortar, squeeze it through a cloth, bottle it and keep it for use. Take some of the juice and put in a saucepan, boil it over a lamp, as it boils dip the iron mould, don't rub it, but squeeze it it. As soon as the iron mould is out, throw it in cold water.

*To take out Ink Strains, Stains with Fruits, &c.*

Take half an ounce of powder of allum, two ounces of the juice of houseleek senegreen, and apply them, the allum being dissolved very hot.

*An excellent Receipt to mend China.*

Take the whites of two eggs, half an ounce of quick lime beaten to powder, a drachm of the powder of burnt flint, and the like quantity of gum sandrick; temper them together,

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and moisten it with some lemon juice, and with a feather auoint the edges of the broken vessel, and clap the pieces together by a warm fire, and if your hand be steady, the fracture will hardly be discerned. Or, you may use white lead and oil, such as painters use.

*To destroy Fleas.*

1. Rub a small stick with the grease of a hedge hog, and fix it in the middle of the room, and all the fleas, as some say, will flock to it and perish.
2. Water the room with lye and goats milk mixed together.
3. Put copperas or vitriol in a pail of water, when it is dissolved water the room with it.

*To kill Rats.*

1. Mix filings of iron with leaven, put it into a place where there is a number of them, and if they once taste it they will die.
2. Put the ashes of oak into their holes, and if they are touched or covered with the ashes they will grow mangy and die.
3. Strew arsenick powdered on cheefe or butter, and they will eat it and burst; but take care the cats and dogs do not come to it.

*To destroy Bugs.*

1. Take oil of turpentine, and with a brush wash over the bedstead and the nail holes, chinks, &c. it will kill both bugs and knits.
2. Paint the bedstead over with verdigrease ground in linseed and turpentine oil, and the bugs will not harbour in it.
3. Take common oil and water, in which boil wormwood and rue, till the water is consumed, then strain it and mix it with a good quantity of grease, of which making an ointment, rub with it the chinks and joints of the bedstead.

*Against Moths, Worms, &c.*

Dry the herb botris, strew it among your cloaths, and neither moth nor worm comes near them.



*To prevent the smoking of Lamp Oil.*

Steep your match or cotton in vinegar, and dry it well before you use it. Many people have spoke much in praise of it.

*An excellent Liquid Blacking.*

Mix a sufficient quantity of lamp black with an egg to give it a good black, then take a piece of sponge, dip it therein and rub over the shoes, &c. very thin, when dry rub them with a hard brush, and they will look very beautiful. You are to take care the shoes are first well cleaned with a hard brush.

*How to clean Jewels and Pearl.*

There is nothing cleans any kind of jewels like exceeding fine smalt and emery. You are to dip a fine tooth brush into these powders mixed together, and rub therewith. Both powders must be well dried. Pearls are to be washed with a strong lie of burnt tartar, and boiled upon a stove.

*To clean old Silver Lace.*

Take powder of alabaster, put it into a dry pipkin, let it boil a quarter of an hour, take it off the fire, and when cold lay your lace upon a cloth, and with a comb-brush take up some of that powder and rub the lace therewith on both sides. Ox gall mixed with water is very serviceable in cleaning gold or silver lace.

*To make Vinegar of Malt Liquor.*

To every 20 gallons of liquor add one ounce of cream of tartar, and the like quantity of alum and bay salt, mix these with a gallon of the drink, boiling hot, and put it hot into the cask, cover the bung hole with a piece of brown paper and it will be fine vinegar in a few days. This receipt has been often sold for five shillings.

*To clean Ribbons.*

Ribbons are to be first clean washed, then boiled in soft water and bran for a quarter of an hour, afterwards wash them in soap suds, wherein a few drops of spirits of wine has been put, then clean rinse them, and dry them in the shade, iron them with a common hot heater, and they will look

look very beautiful. Scarlet cardinals are done the same way, only hot-pressing does better than ironing of them.

*French Way of washing fine Linen.*

Take a gallon of four blossoms and burn them to ashes, then boil them in six quarts of soft water, this, when fine, you are to use in washing with your suds, as occasion requires, and you will have the linen, &c. not only exceeding white, but it is done with half the soap, and little trouble. This is *verbatim* from the Paris magazine.

*To recover black Cloth that is faded.*

Take fig tree leaves, boil them in water, and wash the cloth in it milk warm, dry it in the sun, it will prove a good black.

*To give gilded Work a good Colour.*

Take clean salt and brimstone, boil them together with a little water in an egg shell, after taking away the inside film, take care you do not give it too much fire to burn the shell; you are to rub this liquid over your gilding.

*Red Hair changed to a beautiful Brown.*

Black lead and black ebony shavings one ounce of each, let these boil an hour in a pint of clear water, when fine, bottle it for use. You are to wet a comb in the liquid, and comb your hair often therewith. To make the hair black, add two drachms of camphire to the ingredients. This is the liquid for changing hair advertised at half a guinea a bottle.

*A good Wat r Cement.*

Take one pint of ninium or red lead, and two parts of lime, mix them together with the white of eggs.

*Stone Glue, whereby you may glue Stone or Glass.*

Take white hint stone powder, which is dry and finely seared; then take white rosin, melt it in an iron or earthen pipkin, stir the powder in it, till it is a thick paste, warm the glass or what you design to glue together, then gild the joinings, and it will add a great beauty.

To

*To imitate Marble.*

Take plaister of Paris, quick lime, salt, ox-blood, and stones of different colours, pieces of glass beat to a powder, and mix up to the consistence of paste with either vinegar, beer, or sour milk, and then lay it into tables, pillars, &c. let it stand till it is thorough dry, then rub it first with a pumice, and polish it with Tripoli, give the finishing stroke by rubbing it over with leather and oil.

*Another Method of imitating Marble.*

Make paste with pulveriz'd plaister of Paris, and size of parchment, mix with it as many colours as you please, spread it with a trowel over a board, and when dry proceed as before.

*How to clean Alabaster or Marble.*

Beat pumice stones to an impalpable powder, and mix it up with verjuice, let it stand thus for two hours, dip in it a sponge, rub the marble or alabaster therewith, wash it with a linen cloth and fresh water, and dry it with linen rags.

*To make a fine Bitter.*

Take an ounce of the finest Jesuit powder, half a quarter of an ounce of snake root powder, half a quarter of an ounce of salt of wormwood, half a quarter of saffron, half a quarter of cochineal; put it into a quart of the best brandy, and let it stand twenty-four hours; every now and then shaking the bottle.

*Taking out Rust and Spots in Iron.*

Crucible powder, sifted emery, and silver ore, all in powder, add thereto the beaten scales of iron, and the rusty parts with leather dipped therein.

*For preserving from Rust.*

Take an eel, fry it, press out the oil, and rub your furniture (in metal) therewith.

*To raise a Sa'lid in two Hours at a Fire.*

Take fresh horse dung hot, lay it in a tub near the fire, then sprinkle some mustard seeds thick on it, lay a thin layer

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of horse dung over it, cover it close and keep it by the fire, and it will rise high enough to cut in two hours.

*How to keep the Hair clean and preserve it.*

Take two handfuls of rosemary, and boil it softly in a quart of spring water till it comes to a pint, let it be covered all the while, then strain it out and keep it; every morning when you comb your head, dip a sponge in the water and rub up your hair, and it will keep it clean and preserve it; it is good for the brain.

*To make a Salve for the Lips.*

Take two ounces of white bees wax, and slice it thin, then melt it over the fire, with two ounces or more of salad oil, and some white sugar candy, and when you see it is incorporated take it off the fire, and let it stand till it be cold, then set the skillet on the fire again till the bottom is warm and so turn it out, anoint your lips or fore nose, or fore nipples, and it will heal them.

*To make the Hands white and soft.*

Boil daffadil in clear water till it grow thick, then put hereto the powder of cauterium, stir them together, and with this ointment anoint your hands, and within four days using thereof, they will be white, clear, and soft.



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Collected by eminent P H Y S I C I A N S .

C O L D S .

**C**OLDS may be cured by laying much in bed, by drinking plentifully of warm sack whey, with a few drops of spirits of hartshorn in it, or any other small liquor, living upon pudding, spoon meats, chickens, &c, and drinking every thing warm. In short, it must at first be treated as a small fever, with gentle diaphoretics, such as half a drachm of the compound powder of contrayerva, taken night and morning, or half an ounce of minderus spirit may be given every night going to rest, drinking a plentiful draught of weak sack whey after it. If any cough should remain, after using this method a few days, the medicines directed under the article of coughs, must be taken.

This is a much more easy, natural and certain method than the common practice by balsamicks, linctus's, and the like, which spoil the stomach, destroy the appetite, and hurt the constitution.

*Choli.*

Take two ounces of Daff's elixir, and repeat it as occasion may require, or half a drachm of the powder of rhubarb toasted before the fire.

*Quincy.*

*Consumptions, Signs of.*

A dry cough, a disposition to vomit after eating, an uneasy straitness of the breast, spitting of blood, a quickness of the pulse after meals, and flushing of the cheeks, as the disease advances, the matter brought up by the cough, if spit into the fire yields an offensive smell, if into a glass of water it sinks to the bottom, profuse night sweats, looseness and wasting away of the whole body.

*Method of Cure.*

A milk diet, riding on horseback, country air, and bleeding frequently in small quantities, at each time taking away not more than six ounces of blood, are the most efficacious remedies in this distemper; snails boiled in milk have sometimes been of service, as is also the peruvian bark when it does not occasion a purging.

*Sydenham and Boerhaave.*

*Convulsions in Children. Signs of.*

The mouth is drawn a-wry, the eyes are distorted, the face turns blackish, the child's fist is clenched, and the globes of the eyes seem immoveable; when these symptoms give way, the child is sleepy till another fit comes on.

*Method of Cure.*

Give three or four drops of the tincture of wood soot in a tea spoonful of water frequently. A blister applied to the nape of the neck is also serviceable.

*Sydenham.*

*Achs and Pains.*

Rub opodeldock upon the part affected, three times a day, and wear a flannel upon it, if this does not give relief, take twenty drops of volatile tincture of guaiacum, [prepared as directed in the appendix] every night and morning in a glass of spring water.

*Heister.*

*Boils.*

*Boils.*

Apply a plaister of diachylon with the gums once every day till they are cured.

*After Pains.*

Take one scruple of spermaceti, five grains of volatile salt of hartshorn, five drops of balsam of Peru, and half a drachm of Venice treacle ; mix them into a bolus, with as much syrup of white poppies as is sufficient to make a bolus ; to be repeated every six hours till the pains abate. Cover the woman up warm and let her drink plentifully of caudle.

*Heister.*

*Appetite, want of.*

Drink chamomile tea every day an hour before dinner, or ten drops of acid elixir of vitriol in a glass of water, about two hours before, and about two hours after dinner every day. A gentle puke should precede the use of these remedies, for which purpose nothing is preferable to the powder of ipecacuanah, a scruple of which is sufficient for a dose, and should be worked off with weak chamomile tea.

*Mead.*

*Bruises, internal.*

Take a large spoonful of cold drawn linseed oil, two or three times in a day. The patient must also be bled to the quantity of ten ounces

*Sydenham.*

*Bruises, external.*

Bathe the part with spirits of wine and camphire, which in slight cases will effect a cure, but if that fails, it will be necessary to apply a pultice of stale beer grounds and oatmeal with some hog's lard, which must be applied fresh every day till the bruise is cured.

*Burns and Scalds.*

Take May butter unsalted, and white wax, of each six ounces, oil of olives half a pint, lapis calaminaris one ounce and a half, melt the wax and butter with the oil, and stir the lapis calaminaris finely powdered, till it is too hard to let it settle. This is an excellent ointment for the above purpose,

purpose, and is to be applied once a day spread on a fine linen rag.

Turner.

*Ague or Intermittent Fever, Signs of.*

A violent head ach, a weariness of the limbs, a pain in the loins, a coldness of the external parts, a shivering and shaking, sometimes so much as to make the very bed shake under them; a great thirst and burning heat, and frequent inclination to vomit. Afterwards the symptoms begin to abate, the skin becomes moist, the urine is of a fine colour, but without a sediment, and a sweat breaking out terminates the fit.

*Method of Cure.*

First vomit the sick person, by giving half a drachm of the powder ipecacuana, work it off with chamomile tea, then let the sick person take the following powder.

Of the best Peruvian bark, powdered, one ounce; of Virginia snake-root and salt of wormwood, each one drachm; mix these well together, and divide them into eight doses, one paper to be taken every two hours in a glass of red wine or any other liquid. This is a certain and infallible cure; but care must be taken to administer it only in the intervals of the fits, but must be repeated two or three days, about ten days after the first, or else the disorder will frequently return. In obstinate cases, removing into a drier air has been of great service.

Huxham.

*St. Anthony's Fire, Signs of.*

The disease affects every part of the body, but most frequently the face, and it happens at all times of the year. But whatever part is affected, a chilliness and shivering generally attend the disorder with great thirst, restlessness, and other signs of a fever; the face swells of a sudden, with great pain and redness, and abundance of small pimples appear, which often rise up in small blisters, and spread over the forehead and head, the eyes being quite closed by the largeness of the swelling. This, in the country, is usually called a blast.

*Method of Cure.*

Let the sick person lose eight or ten ounces of blood, and repeat the bleeding more than once if the symptoms run high,



high, and apply to the part a poultice of white bread and milk, with some hog's lard in it; let the poultice be changed twice in a day, and every other morning take the following purge till the disorder is cured, viz.

Glauber's salt one ounce, manna half an ounce, mix and dissolve it in water for one dose.

The diet in this disorder must be very low, chiefly water gruel, or at most weak broth, all strong liquors must be avoided as poison. *Sharp.*

#### *Bleeding at the Nose.*

Apply to the back part of the sides of the neck a linen cloth dipt in cold water, in which sal prunella has been dissolved. In very obdurate cases, bleeding in the foot is useful. Internally the quantity of a nutmeg of the following electuary may be taken three or four times in a day. Take the seeds of white henbane, and white poppies, each half an ounce, conserve of roses three ounces, and mix them into an electuary with the syrup of discordian.

*Sydenh. m and Boyle.*

#### *Spitting of Blood.*

Take red rose leaves dried half an ounce, twenty drops of oil of vitriol, one ounce and an half of refined sugar, and pour two pints and a half of boiling water on these ingredients in an earthen vessel, let it stand to be cold, and take half a pint frequently. In this disorder frequently bleeding in small quantities is proper, not exceeding four, or at the most six ounces at each time, according to the strength of the sick person.

*Hoffman and Mead.*

#### *Corns.*

After soaking them for a considerable time in warm water, pare away carefully with a penknife the uppermost and hardest surface, then apply a plaister of green wax, diachylon with the gums spread on thin leather; repeat this method (which is perfectly safe) a few times, and it will seldom fail.

*Heister.*

#### *Cancer, Signs of.*

Begins at first with a small tumour, about the size of a nut, which does not change the colour of the skin, and sometimes

sometimes remain for several years without increasing. But as soon as the virulent humour becomes more active, the small hard swelling becomes all of a sudden a large, round, livid, unequal tumour, and is attended with an intense shooting pain, at length it breaks, and turns into sharp stinking sanies, which eating away the sound parts, the lips of the wound become offensive to the sight, and the patient being worn out with an intolerable pain, at last ensues death. This disorder may infect any part of the body, but most frequently the breasts, armpits, behind the ears, lips, nose, and private parts.

*Method of Cure.*

Boil a quarter of a pound of guaicum shavings in six pints of water, till it comes to four pints, drink a pint of this decoction twice a day milk warm. External application, most proper, are poultices of white bread and milk, and fomentations of milk and water, and the cancer should be defended from the cold air, by a piece of fine linen, on which some spermaceti ointment (the composition of which you may see in the appendix) is spread, and should be renewed two or three times in a day.

*D. Love.*

*Disorders of the Eyes.*

An excellent eye water. Take two grains of the sugar of lead, dissolve it in a quarter of a pint of spring water.

*Deafness.*

Syringe the ears well with some warm milk and oil, then take a quarter of an ounce of liquid opodeldoch, and as much oil of almonds, mix them well, and drop a few drops into each ear, stopping them with some cotton or wool, repeat this every night going to rest.

*Fothergill.*

*An Ointment for the Eyes.*

Dip a feather in some ointment of tutty, and rub it a-cross the eyes every night going to rest.

*Dry Belly-ach, or Nervous Cholick, Signs of.*

Extreme costiveness, a most violent pain in the bowels, coldness in the hands and feet, trembling, extreme anxiety, and

and a disposition to fainting, which is frequently succeeded by the palsy.

*Method of Cure.*

Give frequently the following clyster: take dry mallow leaves an ounce, chamomile flowers, and sweet fennel seeds, of each half an ounce, a pint of water, boil it for use. Take half a pint of this decoction and add two spoonfuls of sweet oil, and half an ounce of Epsom salt, mix it for a clyster to be repeated frequently. The warm bath is of the utmost service in this disorder, as is also balsam of Peru, given inwardly from 20 to 40 drops in a spoonful of powdered loaf sugar, three or four times in a day.

*Riverius and Sydenham.*

*Ear ach.*

The smoke of tobacco blown into the ear is an excellent remedy.

*Hoffman.*

*Giddiness.*

Take twenty drops of the tincture of castor in a glass of water two or three times in a day.

*Mead.*

*Gravel and Stone, Signs of.*

A pain in the loins, bloody urine, or numbness of the thigh or leg on the side affected, a sickness of the stomach, and frequent vomiting.

*Method of Cure.*

Take one pound of calcined oyster shells, and pour thereon twelve pints of boiling water, strain it when cold and take half a pint mixed with some new milk, three times in a day, gradually encreasing the quantity, till it amounts to four pints a day. If the patient is costive, two ounces of manna dissolved in a quart of whey, should be taken for one dose, once or twice every week.

*Dr. Whytt and Sydenham.*

*Inflammatory Fevers, Signs of.*

The breath is very hot, and there is a dryness of the whole skin, and sense of heat, the respiration is thick, dif-

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ficult

ficult and quick, the tongue is dry, yellow, parched, and rough, the thirst is unquenchable, a vast anxiety, restlessness and weariness, frequent inclinations to vomit, sometimes light headed.

*Method of Cure.*

B'leed to the amount of ten or twelve ounces, vomit with half a drachm of ipecacoanha, work it off with chamomile tea; if costive, inject as often as occasion requires, the clyster directed under the article of the Dry Belly-ach, and give inwardly the following mixture. Take of salt of wormwood half a drachm, lemon juice three quarters of an ounce, mix them together for one dose, and repeat it every six hours.

*Huxham.*

*Hoarseness.*

Take the medicines directed under the article of Coughs, or as much as will lie on a shilling of the following powder, three or four times in a day. Take spermaceti and sugar candy, of each equal parts, and make them into a fine powder, or a tea spoonful of Barbadoes tar in a glass of old rum every night going to rest. Three or four Weisleet oysters swallowed early in the morning fasting, afford surprising relief.

*Shaw.*

*Head Ach.*

Apply leaches behind the ears, and take twenty drops of tincture of castor, in a glass of water frequently.

*Fainting.*

Apply to the temples and nostrils some spirits of sal armoniac, and give a few drops in a wine glass of water inwardly.

*Hoffman.*

*Green Sickness, Signs of.*

A pale complexion, swelling of the ancles, weariness of the whole body, difficulty of breathing, a palpitation of the heart, drowsiness, a desire of eating coals, chalk, &c. and a suppression of the monthly courses.

*Method*



*Method of Cure.*

Take thirty drops of the tincture of black hellabore, two or three times in a day, in a glass of water or wine, using moderate exercise. Chalybeat waters are also of great service, and bleeding in the foot about the time of menstruation.

Mead.

*Heart-burn.*

Take some chalk scraped in a glass of water, or a tea cup full of chamomile tea.

Hoffman.

*Constiveness.*

Take the size of a nutmeg of leniment electuary every morning, or as often as occasion requires.

Sharw.

*Excoriation in Children.*

Dissolve a little white vitriol in spring water, and dab the part with it, which will presently heal.

Heister.

*Gripes.*

Take half a drachm of powdered rhubarb and toast it a short time before the fire, then add some powder of ginger to it, and mix it for one dose, to be used as occasion requires.

Radcliffe.

*Hard Swellings.*

Apply a plaister of diachylon with the gums, spread thick on leather.

*Indigestion, Signs of.*

Pain and sense of weight in the stomach, attended with frequent belchings, heartburn, &c.

*Method of Cure.*

Take a large spoonful of tincture of hiera picra every day an hour before dinner, or from ten to twenty drops of acid elixir of vitriol in a glass of water, two or three times in a day. Pyrmont and Spaw waters are also efficacious in removing this complaint.

Cheyne.

*Inflammations.*

Take away ten or twelve ounces of blood and repeat it if

if necessary; give cooling powders, and apply to the part a poultice of white bread and milk, with some ointment of elder in it.

#### *Looseness.*

Take half a drachm of ipecacoanha for a vomit, and work it off with chamomile tea; abstain from malt liquors, if this does not entirely remove the looseness, take half a drachm of the powder of rhubarb made into a bolus, with a little diafcoidium, and repeat it every day till the looseness is stopped.

For common drink, the sick person may take hartshorn drink, or rice boiled in some water with cinnamon.

*Town.*

#### *Noise in the Ears.*

May be cured by the vapour of a decoction of rosemary flowers prepared with wine, being conveyed to the ear by a funnel.

#### *Inflammation of the Bowels, Signs of.*

A burning pain in the bowels, attended with a fever, vomiting and frequently an obstinate constiveness.

#### *Method of Cure.*

Take away ten ounces of blood, and repeat the bleeding according to the urgency of the complaint, give the clyster directed in the appendix, twice every day till the patient has had two or three stools, and to appease the pain and stop the excessive vomiting, give ten drops of liquid laudanum in some broth every six hours. The diet should consist of weak broths.

Juice of lemons taken inwardly in obstinate cases has sometimes afforded relief.

*Arbutnot.*

#### *Miscarriage.*

To prevent miscarriage, bleeding is necessary and useful about the third month of pregnancy, more or less according to the pregnancy of the woman with child. The body should always be kept open with manna or rhubarb, in the first month especially.

*Hamil on.*

*A safe*

*A safe Opinte for a grown Person.*

Take twenty drops of liquid laudanum in a glass of wine and water when going to rest. The quantity must be proportionably lessened for children, according to their different age.

*Boerhaave.*

*Itch, Signs of.*

Watry pimples, attended with intolerable itching between the fingers, under the hams, under the arms, and on the thighs.

*Method of Cure.*

Anoint the parts which break out every night with the following ointment: Take hog's lard half a pound, flour of brimstone and sulphur vivum of each two ounces, powdered cloves one ounce, mix them together; two or three weeks is as little as can be depended upon, and the same linen must be wore the whole time of your cure,

*Leprosy, Signs of.*

Red pimples, or pustules, commonly first break out on the elbows and knees, whsch gradually encrease in such a manner, that the whole body is covered with a leprous scurf.

*Method of Cure.*

Take sharp pointed dock roots half a pound, Monk's rhubarb a quarter of a pound, slick iiquo ice and coriander seed of each half an ounce, boil them in a gallon of spring water till it comes to three quarts, and to the strained liquor add two ounces of diaphoretic antimony; the dose is a pint every morning and evening.

*Banyer.*

*Jaundice, Signs of.*

A yellowishness of the whites of the eyes, and of the whole body, bitterness of the tongue, heaviness and lassitude, vomiting of gall, the stools almost white, the urine of a saffron colour, tinging linen dipt therein is yellow.

*Method of Cure.*

Take Venice soap half an ounce, oil of anniseed sixteen drops, mix them together, and make it into middle sized pills: The dose is three or four, two or three times a day;

if



if collicive, half a drachm of rhubarb must be taken in the morn ng twice in a week.

*Huxham.*

*Measles, Signs of.*

A chilliness and shivering, which is succeeded by a fever, with great sickness, thirst, a continual drowsiness, slight cough, and an effusion of tears, which is the most certain sign of the measles: About the fourth day little red spots like flea bites appear over the whole body, which do not rise above the surface of the whole skin.

*Method of Cure.*

First bleed the sick person, then let him or her drink plentifully of the following decoction; take pearl barley, raisins and figs, of each two ounces, stick liquorice bruised half an ounce, boil them in four quarts of water till it comes to two quarts, strain it for use, add a quarter of an ounce of salt prunella. You must purge often after this disorder, and the diet and management must be the same as in the small pox.

*Obstructions.*

Take species of hicia picra half an ounce, salt of steel one drachm, make into pills of a moderate size with a little syrup of saffron; the dose is to be five pills twice a day. *Shaw.*

*Nervous Disorders.*

Country air, exercise, and the cold bath, with the mixture directed under the article of hystericks, will prove a certain cure.

*Fuller.*

*Hystericks, Signs of.*

An intercepted breathing, almost to suffocation, fainting, loss of speech, drowsiness, colliciveness, and making large quantities of urine, almost as clear as spring water.

*Method of Cure.*

Take simple peppermint water, twelve ounces, one ounce of valerian, and half an ounce of lavender drops mix them together and take three large spoonfuls two or three times in a day, and also apply to the navel a large galbanum plaister.

*Hoffman and Mead.*

*Old*



*Old Ulcers.*

Take a quarter of a pound of basilicon, and an ounce and an half of olives, mix therewith half an ounce of vegetable; dress the sore with this ointment spread upon some tow. after fomenting it well with a decoction made of chamomile flowers and mallow leaves; or the fomentation directed in the appendix. Take frequently a dose of cooling physic.

*Sharp.**Piles, Signs of.*

A violent pain at the time of going to stool, the excrements streaked with blood, and small swellings like warts on the verge of the anus.

*Method of Cure.*

Take of lenitive electuary one ounce and an half, flour of brimstone half an ounce, mix them together, the quantity of a nutmeg to be taken every night and morning; apply outwardly a little of this ointment. Take two ounces of white diachylon, two ounces of sweet oil, and half an ounce of vinegar, mix them together. Leeches applied near the piles or on the piles itself, afford a surprising relief.

*Sydenham.**Quinsy or Sore Throat, Signs of.*

A swelling of the parts concerned in deglutition, accompanied with great pain, inflammation, and a fever, so as to hinder the swallowing any solid meats, and almost stop breathing.

*Method of Cure.*

Bleeding is sometimes necessary, and cooling physic, but often jelly of black currants swallowed down leisurely in small quantities effects a cure.

*Mead.**Ruptures*

Are cured by applying a strengthening plaister spread on leather, (the composition of which is set down in our appendix) and a truss, which may be had of Mr. White, Truss-maker in Fleet street, London.

*Turner.**Stranguary.*

Take half a drachm of camphire, a scruple of powdered gum

*gum*

gum arabic, liquid laudanum five drops, with a sufficient quantity of turpentine to make it into a bolus, to be taken night and morning, drinking a draught of marshmallow tea after each dose.

*Turner.*

#### *Scald Head.*

First shave, then cover the head with a pitch plaister spread on leather, and give inwardly one grain of calomel made into a pill, with a little conserve of roses every night going to rest, and a dose of cooling physic twice a week.

*Turner.*

#### *Retention of Urine.*

Take a quarter of an ounce of nitre, a drachm of volatile salt of amber, a quarter of an ounce of powder of egg shells, and half an ounce of fine sugar, mix them together; the dose is as much as will lie upon a shilling, two or three times a day, drinking a draught of marshmallow tea after each dose.

*Turner.*

#### *Tooth Ach.*

The root of yellow water flower de luce rubbed on the tooth which is painful, or chewed in the mouth, in an instant, as if by a charm, drives away the pains of the teeth, arising from what cause soever.

*Allen.*

#### *Tettars*

Take four ounces of sweet oil, one ounce of spermaceti, and 25 grains of camphire, mix them together for a liniment, with which gently touch the tettars three or four times a day.

#### *Sweating exc ffeve.*

Take 20 drops of acid elixir of vitriol in a glass of water two or three times a day.

#### *Swelled Legs.*

Take the same medicines which are under the article of the dropsy.

#### *Dropsy, Signs of.*

Difficulty of breathing, making very small quantities of urine,

urine, costiveness, great thirst, swelling of the feet and ancles, which when prest with the finger will pit; swelling of the belly, and greatly falling away of the other parts.

*Method of Cure.*

Take powder of jalap, cream of tartar and Florentine iris, of each a quarter of an ounce, mix them, the dose is from thirty to forty grains every other day. On the intermediate days take the quantity of a large nutmeg every night and morning of the following electuary: Take two drachms of powdered chamomile flowers, as much ginger, and half the quantity of prepared steel, make it into an electuary with conserve of orange peel, diuretic should also be made use of, the following is excellent: Take of broom ashes half a pound, and steep them in a quart of rhenish wine cold, strain off the liquor, and take a quarter of a pint three times a day.

*Dr. D. ver.*

*Coughs.*

Take oil of sweet almonds and syrup of balsam, of each two ounces, four ounces of barley water, and thirty drops of sal volatile; shake them together, and take two large spoonfuls when the cough is troublesome; if this does not remove the cough in a few days, it will be necessary to be blooded.

*Pringle.*

*Rickets in Children, Signs of.*

A swelling of the belly, constant desire of sitting still, the bones are crooked, and the joints seem very large, as if knotted, the head is over large, and the child's knowledge exceeds its years.

*Method of Cure.*

Give the child two grains of ens veneris, dissolved in a spoonful of wine and water every night; to this must be joined cold bathing, frictions of the back, exercise, and a strengthening diet.

*Boerhaave.*

*Ulcer of the Womb, Signs of.*

A flux of purulent matter, or matter mixt with blood, which is more viscid and fetid, than the whites, and attended with a fixed pain,

N

*Method.*

*Method of Cure.*

An injection composed of barley water a pint, and honey of roses two ounces, must be used to the part affected by the help of a syringe, several times in a day. You may add a small quantity of tincture of myrrh.

*Dr. Astruc.*

*Ulcer of the Lungs.*

Requires the same treatment as is directed under the article of Consumption

*Tympany. Signs of.*

A great swelling of the belly, which being occasioned by air pent up in the cavity of the belly, gives an hollow sound when struck by the hand.

*Method of Cure.*

The same medicines which are directed for the dropsy are used in this disorder

*Vomiting.*

Take mint water one ounce, lemon juice half an ounce, a scruple of salt of wormwood, mix them for one dose, to be repeated as occasion may require.

*Mead.*

*Ulcer of the Bladder, Signs of.*

A voiding of stinking matter or blood, and sometimes scales, or a membranous skia along with the urine, and a continual heat and pains in the urinary passages.

*Method of Cure.*

The Selter's mineral water mixed with milk are excellent as is also the constant use of Spa water.

*Hoffman.*

*Watery Gripes in Children.*

Take half a drachm of magnesia alo, and half a drachm of rhubarb, mix them together, and give the child three or four grains in its pcp every morning and evening.

*Cadogan.*

*Warts.*

May be removed by rubbing them with the juice ofcelandine,



landine, or milk of sponge, but when they are situated about the eye lids, to prevent hurting the eyes, it is proper to surround the wart with a ring of wax, or a piece of plaister with a hole in the middle, so that the wart may come through, by which means the wart will be destroyed, without hurting any other part.

*Heister.*

*Wind.*

Take of the powder of angelica seeds, carraway seeds, and parsley seeds, of each a quarter of an ounce, make them into an electuary with the syrup of clove gilliflowers: The dose is the quantity of a nutmeg at discretion.

*Hoffman.*

*White Swelling of the Joints.*

Anoint the part with Barbadoes tar before a great fire, two or three times a day, covering it with a bladder, and drink half a pint of sea water every morning fasting.

*Guy's Hospital.*

*Wasting away of Children.*

Take salt of tartar, nitre and arcunum duplicatum of each a quarter of an ounce, sal armoniac three drachms, mix them together, a very little of this must be put into the child's drink, according to its age.

*Heister.*

*Worms, Signs of.*

Paleness of the countenance, itching of the nose, voracifness, starting and grinding of the teeth in sleep, loosenesses, stinking breath, hard swelled belly, and sometimes epileptic fits.

*Method of Cure.*

Take burnt hartshorn, and the best scammony in powder, of each a quarter of an ounce, mix them together, and let the child take eight or ten grains according to its age, every other morning in a tea spoonful of roasted apple.

*Alston.*

*Sprains.*

After fomenting with warm vinegar, apply a poultice of stale beer grounds and oatmeal with some hog's lard, every day till the pain and swelling are abated, then apply the

strengthening plaister directed in our appendix. Observing the following rules will much shorten the cure: Let the person stand three or four minutes at a time on both his feet, and sometimes move the strained foot; and when sitting with his foot on a low stool, let him move it this way or that way as he can bear it, let the strained part be rubbed with a warm hand several times a day, which will contribute very much to contract the over stretched vessels, and recover a due circulation of their fluids through them. *Sharp.*

#### *Green Wounds.*

Dress them every day with yellow basilicon spread on fine lint, after fomenting them well with the fomentation, the receipt for making which is inserted in the appendix.

*Turner.*

#### *Thrush, Signs of.*

Little white ulcers affect the lips, gums, cheeks, tongue, palate, and the inside of the mouth.

#### *Method of Cure.*

Rub the child's mouth with a linen rag dipt in the following mixture. Take honey of roses an ounce, oil of vitriol six drops, mix them together; or the child's mouth may be frequently washed with a decoction of elm bark.

*Shaw and Allen.*

#### *Ulcer of the Kidneys, signs of.*

Fleshy excreffence are voided by urine. The heat and pain in making water comes by intervals, the matter that comes from the kidneys is more plentiful, white and thin, than in an ulcer of the bladder, and is not foetid, the urine looks like milk when first made, but after standing some hours, the matter separates from it, and falls to the bottom.

#### *Method of Cure.*

Butter-milk not very sour, is extremely beneficial, and is also an emulsion made of barley water and sweet almonds. Chalybeat waters have sometimes been of service.

*Arbuthnot.*

*White.*

*Whit s, Signs of.*

A flux of matter from the womb, attended with a pain and weight in the loins, loss of appetite, pale complexion, difficulty of breathing, a liableness to miscarriage, and a swelling of the hands and feet.

*Method of Cure.*

Apply a large strengthening plaister to the small of the back, and take a quarter of a pint of this decoction every night and morning. Take cow's milk half a pint, and boil it in half a pint of archangel flowers, and a bit of cinnamon, strain it for use; in obstinate cases, bathing in the sea, and drinking sea water, is far preferable to any thing else.

*Russl.**Appoplexy.*

The immediate preceding signs are, trembling, staggering, a giddiness in the head, dimness of sight, sleepiness, loss of memory, noise in the ears, and deep and laborious breathing. The disease itself is a total deprivation of sense and motion, except that of respiration, which is performed with difficulty, and snoring. It usually ends in a paralytic disorder, and is seldom curable, but always leaves behind it a great defect of memory and motion.

*Method of Cure.*

Cupping in the nape and sides of the neck is always useful, provided the scarifications are deep enough to give a free passage to the blood, stimulating clysters and warm purges are also of service, as is also the following electuary: Take half an ounce of powdered heath valerian, and one ounce and a half of conserve of orange peel, and mix them together; the dose is the quantity of a nutmeg every four hours, dissolved in a cup-full of rosemary tea. Apply a strong blister to the back, the diet must be very sparing.

*Mead, Sydenham and Heister.**Asthma or Pleth sic, Signs of.*

An obstructed and very laborious breathing, attended with unspeakable anxiety, and a straitness about the breast.

*Method*



*Method of Cure.*

Dissolve two drachms of gum ammoniacum in half a pint of penny royal water, and add an ounce of oxymel of quillir. Three large spoonfuls of this mixture may be taken frequently; or from 20 to 30 drops of the pargoric elixir may be taken in penny-royal water two or three times in a day; bleeding is generally proper, as is a blister applied to the back, and gentle vomits, the diet should be slender. Malt liquors must be avoided.

*Mod.**Bloody Flux, Signs of.*

Generally begins with coldness and shivering, succeeded by a quick pulse, and intense thirst; the stools are greasy, and sometimes frothy mixed with blood, with filaments intermixed, which have the appearance of melted suet, and attended with gripings, and a painful descent as it were of the bowels.

*Method of Cure.*

Bleed first, then give the following vomit half a drachm of powder of ipecacuanha, work it off with chamomile tea, repeat this vomit every other day, for three or four times. On the intermediate days between each vomit, let the sick person take a large spoonful of the following mucilage, warm, every hour. Dissolve half an ounce of gum arabic, and half an ounce of gum tragacanth, in a pint of barley water over a gentle fire. Clysters made of fat mutton broth are of great service, then the sick person must abstain from malt and spirituous liquors.

*Di. Med.**Diabetes, Signs of.*

Is an excessive discharge of urine, of the taste, smell, and colour of honey, attended with an intense thirst, and a wasting of the whole body.

*Method of Cure.*

Take of the shavings of sassafras two ounces, guaicum one ounce, liquorice root three ounces, coriander seeds bruised, six drachms, infuse them cold in one gallon of lime water, for two or three days, the dose is half a pint three or four times in a day; or four ounces of allum whey, which is prepared by boiling four pints of milk over a slow fire, with three



three drachms of allum, till it is turned into whey, may be taken three times in a day. *Mead.*

Lime water is made by pouring twelve pints of boiling water on a pound of unslacked lime; when it is cold it is fit for use.

*Falling Sickness, Signs of.*

A weariness of the whole body, an heavy pain of the head, unquiet sleep, dimness of sight, a noise in the ears, a violent palpitation of the heart, a coldness of the joints, and a sense as it were of a cold air ascending from the extreme parts of the heart and brain, they then fall suddenly on the ground, the thumbs are shut up close in the palms of the hands, the eyes are distorted and all sensation lost, so that by no noise, nor even by pinching the body, can they be brought to themselves; they also froth at the mouth.

*Method of Cure.*

Take of peruvian bark powdered one ounce, of wild valerian root half an ounce, syrup of orange peel a sufficient quantity, make an electuary of this and let the patient take inwardly the quantity of a nutmeg (after proper evacuations, such as bleeding and purging) morning and evening for three months together, and then repeat it constantly for three or four days before the new and full moon. *Mead.*

*Nervous Fever, Signs of.*

Slight chilliness often in a day, with uncertain flushes of heat, a vast dejection and anxiety of the spirits, a giddiness and pain in the head, an inclination to yawn and doze, a dryness of the lips and tongue without any considerable thirst, the countenance heavy, pale and dejected, the urine is pale and made often and suddenly, the pulse is low and unequal.

*Method of Cure.*

A vomit is necessary when the sickness and load of the stomach is urgent; if the body is costive, clysters of milk, sugar and salt may be injected every second or third day. Blisters must be applied to the nape of the neck, head and legs, the sick person must be kept quiet in body and mind, opiates are commonly

commonly hurtful; a little wine may be allowed, and thin wine whey is proper for common drink.

Give the following draught every six hours; take salt of hartshorn ten grains, lemon juice half an ounce, simple mint water one ounce and a half, compound spirits of lavender and syrup of saffron of each one drachm and a half, mix them together for one dose.

#### *Gout, Signs of.*

A pale resembling that of a dislocated bone, succeeded by a chilness, shivering and slight fever usually seizes the great toe, heel, the calf of the leg, or ankle, which become so exquisitely painful as not to endure even the weight of the bed cloaths; the parts look red and much swelled, the urine is high coloured, and lets fall a kind of red gravelly sediment.

#### *Method of Cure.*

Take a tea spoonful of volatile tincture of guaicum every night going to rest, in a glass of water, be covered warm, and drink plentifully of weak sack whey. In the intervals of the fits exercise, such as walking, or riding, is necessary to prevent a return, and the Duke of Portland's gout powder should be taken according to the directions annexed thereto.

Dr. Cheyne.

#### *Hip Gout, Signs of.*

A violent pain in the joint of the thigh, and lower part of the loins, which sometimes reaches to the leg, and the extremity of the foot, without any swelling or change of colour of the skin.

#### *Method of Cure.*

Take a drachm of ætherial oil of turpentine, with three times as much honey mixed with it every morning, for six or seven days at farthest, drinking plentifully of warm sack whey after it.

Dr. Cheyne.

#### *King's Evil.*

Hard swellings in the neck, armpits, and groin, and tumours on the joints and fingers, attended with a swelling, rottenness

rottenness of the bones, soreness of the eye-lids : in short, there is no part of the human body which may not be affected with tumours, abscess, or ulcers by this disease.

*Method of Cure.*

Take a scruple of burnt sponge, and four grains of rhubarb, mix them together for one dose, which is to be taken every night and morning with a draught of whey. Drinking sea water is very efficacious in curing this disease.

Sir Edward Hulse.

*A Cure for the Flux.*

Take a quantity of water cresses, and boil them in clear water for 15 minutes, strain them off, and drink half a pint of the decoction now and then about milk warm.

*Hic Cugh.*

A single drop of chymical oil of cinnamon dropped on a piece of lump sugar, let it dissolve in the mouth leisurely.

*Whitlow*

Steep in distilled vinegar as hot as you can bear it, four or five times a day for two days successively; then moisten a leaf of tobacco in the vinegar, bind it round the part grieved and a cure follows.

*Ague.*

Wear the leaves of lignum vitæ under your feet a few days and a cure follows.

*Scurvy.*

Drink plentifully of whey, with the juice of elder flowers in it, and a cure follows.

*Bleeding at the Nose.*

Rub your nostrils with the juice of nettles, or round nettles bruised.

*A Lip Salve.*

Orange butter one drachm, conserve of jessamine, spermaceti, and tincture of coral each half a drachm, honey  
O  
water

water 20 drops, grind these well together in a mortar, and use it morning and evening.

*The Famous Snuff for the Head and Eyes.*

Take any quantity of assarabacca (otherwise Affarem) leaves; dry them by a gentle fire, and afterwards grind them to a fine powder; in most disorders of the head this snuff does wonders, and would undoubtedly have gained an established reputation long ago, had not those gentlemen, &c. who assume to themselves the title of inventors, made this snuff as universal a specific as most of their other articles, *i. e.* to cure every disorder; as well a broken shin as a sore eye. But to give it it's due character, nothing exceeds it for disorders in the head, such as head ach, ear ach, sore eyes, tooth ach, deafness, &c. It is a shining leaf, only one on a stalk, shaped much like ground ivy, and is found near woods in damp shady places. Take a pinch twice a week at night going to rest, it does not operate immediately like the common snuffs, but the morning after taking it, a foul matter is discharged at the nose, more or less, according to the degree of the illness. Many people get a livelihood by the selling of this snuff, they selling only six pinches for a shilling.

*To keep the Hair clean and preserve it.*

Take two handfuls of rosemary, and boil it in a quart of spring water till it comes to a pint, and let it be covered, then strain it out and keep it, every morning when you comb your head, dip a sponge in the water and rub up your hair, and it will keep it clean and preserve it; it is good for the brain, and it will dry up rheum.

*To soften and loosen Corns.*

Spread a plaister of gum ammoniacum, not too thick, without being dissolved in vinegar, and applying it to the part affected, let it lie on till it has done the work of emolition.

*For the Cramp.*

Take the leaves of rosemary, chop them very small, and sew them so in fine linen or sarsnet, as to make a kind of garter of them, to be tied about the patient's bare leg.

*For*



*For a Blood-shot Eye.*

Shake half a drachm of diligently prepared turty into an ounce of red rose water, and drop it often into the eye.

*For Fluxes of the Belly, though bloody ones.*

Give for a dose in any convenient vehicle, as much powdered or grated pizze of a hart or deer, as will lie upon a half crown piece.

*For the Gripes in little Children.*

Take of oil of nutmeg, and of wormwood, of each a like quantity, mingle them well, and with the mixture a little warmed anoint the patient's navel, and the pit of the stomach.

*To encrease Milk in Nurses.*

Make pottage with lentis's, (which many persons distinguish not from vetches) and let the patient use freely of it.

*For a Strain.*

Take a pint or more of claret wine, and boil it a short time in a close vessel, about a handful of red rose leaves till the liquor be strong of the plant. In this well heated dip a piece of linen or flannel, and wringing out the moisture, double it, and apply it hot to the part affected, using a fillet, or some such thing to keep it on.



# A P P E N D I X.

## *To make Opodeldo b.*

**T**AKE of Hungary water half a pint, castile soap sliced three ounces, camphor an ounce, let them stand together in a bottle closely stopp'd, till the soap and the camphor are entirely dissolved in the Hungary water.

## *The Clyster Decoction.*

Take of dried mallow leaves an ounce, chamomile flowers and fennel seeds, of each half an ounce, boil them in a sufficient quantity of water, and strain off about half a pint, and then add two ounces of sweet oil, and it is then fit for use.

## *Hartshorn Drink*

Take burnt hartshorn two ounces gum arabic two drachms, boil them in three pints of water till one pint is entirely wasted away, then strain it off and it will be fit for use.

## *Barley Water.*

Take two ounces of pearl barley, and wash it well in cold water, then boil it in half a pint of water, for a little while, this water will look reddish and this is to be thrown away, then

then add four pints of water, and boil it away to one half, the remainder is fit for use.

*An excellent Fomentation.*

Take southernwood and wormwood dried, and chamomile flowers of each an ounce, bay leaves dried half an ounce, boil them gently in six pints of water and strain it off for use: all green wounds and old sores should be fomented with this every day before they are dressed.

*The Infusion of Senna.*

Take three quarters of an ounce of senna, cream of tartar three drachms; boil the cream of tartar in half a pint of water till it is dissolved, pour the boiling water on the rest of the ingredients, let it stand to cool, then strain it off and it is fit for use.

*A Purging Draught.*

Take of the infusion of senna as above directed, two ounces, syrup of buckthorn one ounce, mix them together for one dose, which may be taken in the morning fasting, three times in a week, and it is a safe and sure purge, and may be taken at all seasons of the year where purging is proper.

*To make the Pectoral Drink.*

Take a gallon of water and half a pound of pearl barley, boil it with a quarter of a pound of figs split, a pennyworth of liquorice sliced to pieces, a quarter of a pound of raisins of the sun stoned; boil all together till half is wasted, then strain it off. This is ordered in the measles, and several other disorders for a drink.

*Cooling Physic.*

Take Glauber's salts an ounce, manna half an ounce, dissolve them in a little boiling water for one dose, to be taken as occasion requires.

*Hiera Picra.*

Take of succatane aloes finely powdered a quarter of a pound, winter's bark finely powdered three quarters of an ounce, mix them together.

*Tincture*

( 110 )

*Tincture of Hicra Picra.*

Steep an ounce of hicra picra made as above directed, in a pint of mountain wine for a week or ten days, and it will be fit for use.

*Daffy's Elixir.*

Take raisins four ounces, fenna three ounces, carraway seeds bruised one ounce, steep these ingredients in a quart of brandy for three weeks or a month, then strain it off, and it will be fit for use, keep it in a bottle close stopped.

*White Diachylon Plaster.*

Take litharge finely powdered a pound and a quarter, sweet oil a quarter, boil them together with a quart of water till thoroughly mixed, and are of a proper consistence for a plaster, and looks white, if the water should be wasted away, you must add some more to prevent its turning black.

*Diachylon with the Gums.*

Take the quarters of a pound of white diachylon, two ounces of strained galbanum, turpentine and frankincense, of each three quarters of an ounce, melt them together over a slow fire.

*An excellent strengthening Plaster.*

Take white diachylon half a pound, frankincense two ounces, dragon's blood three quarters of an ounce, melt the diachylon over a slow fire, then add the other ingredients finely powdered, and mix them all well together, by stirring them continually till the plaster is quite cold.

*Ointment of Elder.*

Is made by boiling the young leaves of elder in mutton suet, till they are quite crisp, and the suet is of a deep green colour.

*Spermaceti Ointment.*

Take a quarter of a pint of the best salad oil, a quarter of a pound of white wax, and half an ounce of spermaceti, melt these ingredients together over a gentle fire, and keep them



them continually stirring, until the ointment is quite cold, then it is fit for use.

*Ointment of Marshmallows.*

Take half a pound of marshmallow roots, of linseeds and fenugreek seeds, each three ounces, bruise them and boil them half an hour gently in a quart of water, then add two quarts of sweet oil, boil them together until the water is quite wasted away, then strain off the oil, and add to the oil a pound of bees wax, half a pound of yellow rosin, and two ounces of common turpentine, melt them together over a slow fire, and keep them continually stirring until the ointment is cold.

*Yellow Basilicon.*

Take sweet oil a quarter of a pint, bees wax, yellow rosin and Burgundy pitch, of each a quarter of a pound, Venice turpentine three quarters of an ounce, mix them together over a slow fire.

# A BILL of FARE

For every Month in the Year.

For JANUARY.

*Dinner.*

**B**EEF-SOUP made of brisket of beef, and the beef served up in the dish. Turkey and chine roasted with gravy and onion sauce, minced pies.

*Or,*

Ach-bone of beef boiled, and carrots, favoys with melted butter; ham and fowls roasted, with rich gravy sauce and tarts.

*Or,*

Vermicelli soup, fore quarter of Lamb and sallad in season; fresh salmon, a sufficient quantity boiled, with smelts fried, and lobster sauce; minced pies.

*Supper.*

Chickens fricasseed; wild ducks with rich gravy sauce, piece of sturgeon or brawn, and minced pies.

*Or,*

A hare with a pudding in it's belly, and strong gravy and claret sauce; hen turkey boiled and oyster sauce, and onion sauce; brawn and minced pies.

In

## In FEBRUARY.

*Dinner.*

Chine or saddle of mutton roasted, with pickles, calf's head boiled and grilled, garnished with broiled slices of bacon, and with brains mashed with parsley and butter, salt, pepper, and vinegar; the tongue slit and laid upon the brains; boiled pudding.

*Or,*

Ham, and fowls roasted with gravy sauce; leg of lamb boiled and spinach.

*Or,*

A piece of fresh salmon with lobster sauce, and garnished with fried smelts or flounders; chickens roasted, and asparagus, with gravy and plain butter.

*Supper.*

Scotch scollops, ducklings with rich gravy, minced pies.

*Or,*

Fried soals with shrimp sauce, fore quarter of lamb roasted with mint sauce, dish of tarts and custards.

## In MARCH.

*Dinner.*

Roast beef, and horse radish to garnish the dish, salt fish with egg sauce, and potatoes or parsnips with melted butter, pea-soup.

*Or,*

Ham and fowls roasted, marrow pudding.

*Or,*

Leg of mutton boiled with turnips and caper sauce, cod boiled with oyster sauce, and garnished with horse radish, a boiled pudding.

P

*Supper.*

*Supper.*

Scollop or fried oysters, leg of lamb with spinach, tarts and fruit.

*Or,*

Fricassee of cock's combs, lamb stones and sweetbreads, pidgeon pie and marrow pudding.

## In A P R I L.

*Dinner.*

Ham and chickens roasted with gravy sauce, a piece of boiled beef, carrots and greens.

*Or,*

A roasted shoulder of veal stuffed and melted butter, a leg of pork boiled and a peas pudding.

*Supper.*

Fricassee of lamb stones and sweet breads, or sucking rabbits, roasted pidgeons and asparagus.

*Or,*

Boiled fowls with bacon, or pickled pork, with greens and butter melted, a baked plumb pudding or tarts.

## In M A Y.

*Dinner.*

Beef soup with herbs well boiled, fillet of veal stuffed and roasted, a ham boiled.

*Or,*

Rump of beef salted, and boiled with a summer cabbage, fresh salmon boiled, and fried smelts to garnish the dish, with lobster or shrimp sauce.

*Or,*

Saddle of mutton roasted with a spring sallad, and a dish of fish.

*Supper.*

Ducklings roasted with gravy sauce, Scotch scollops with mushrooms, &c. tarts.

*Or,*



*Or,*

Green goose with gravy sauce, collared eels, tarts.

In J U N E.

*Dinner.*

Leg of grafs lamb boiled with capers, and turnips, shoul-  
der or neck of veal roasted, with rich gravy and claret sauce,  
marrow pudding.

*Or,*

Saddle of grafs lamb roasted, with mint sauce and tur-  
nips, turbot boiled with shrimp and anchovy sauce, a qua-  
king pudding.

*Or,*

A haunch of venison roasted with rich gravy and claret  
sauce, tarts.

*Supper.*

Fricassee of young rabbits, roast fowls and gravy sauce,  
tarts.

*Or,*

Mackarel boiled with plain butter and mackarel herbs, leg  
of lamb boiled and spina l.

In J U L Y.

*Dinner.*

Green goose with gravy sauce, neck of veal boiled with  
bacon and greens.

*Or,*

Roasted pig with proper sauce of gravy and brains well  
seasoned, mackarel boiled with melted butter and herbs,  
green peas.

*Or,*

Mackarel boiled with melted butter and herbs, fore quar-  
ter of lamb with salad of cos lettuce.

*Supper.*

Chickens roasted with gravy or egg sauce, lobsters or  
prawns, green peas.

P 2

*Or,*

Or,  
Stewed carp, ducklings, with gravy sauce and green peas.

In A U G U S T.

*Dinner*

Hams and fowls roasted with gravy sauce, beans.

Or,

Neck of venison with gravy and claret sauce, fresh salmon with lobster sauce, apple pie hot and buttered.

Or,

Beef a-la-mode, green peas, haddock boiled, and fried soles or flounders to garnish the dish.

*Supper.*

White fricassée of chickens, green peas, ducks roasted with gravy sauce.

Or,

Chickens or pigeons roasted with asparagus, artichokes with melted butter.

In S E P T E M B E R.

*Dinner.*

Green peas soup, breast of veal roasted, boiled plain pudding.

Or,

Leg of lamb boiled with turnips, spinach and caper sauce, goose roasted with gravy, mustard, apple sauce and pigeon pie.

*Supper.*

Boiled pullets with oyster sauce, greens, bacon, and dish of fried soles.

Or,

A leveret with gravy sauce, wild ducks with gravy sauce and onion sauce, apple pie.

In

## In O C T O B E R.

*Dinner.*

Cod's head with shrimp and oyster sauce; knuckle of veal  
bacon and greens.

*Or,*

Leg of mutton boiled with turnips and caper sauce,  
Scotch scollops, fresh salmon boiled with shrimp and an-  
chovy sauce.

*Or,*

Calf's head dressed turtle fashion, roast beef with horse-  
radish; beef soup.

*Supper.*

Wild ducks with gravy sauce, scolloped oysters minced  
pies.

*Or,*

Fried smelts with anchovy sauce, boiled fowl with oyster  
sauce, minced pies or tarts.

## In N O V E M B E R.

*Dinner.*

A roasted goose with gravy and apple sauce, and mustard,  
cod's head with oyster sauce, minced pies.

*Or,*

Roast tongue and udder, roast fowls and pidgeon pie.

*Supper.*

Stewed carp, calf's head hashed, minced pie.

## In D E C E M B E R.

*Dinner.*

Ham and fowls roasted, with greens and gravy sauce,  
gravy soup, fresh salmon garnished with whiting or trout  
fried, and with anchovy sauce.

*Or,*

*Or,*

Cod's head with shrimp and oyster sauce, roast beef garnished with horse radish and plum pudding boiled.

*Or,*

Roast beef with horse radish, marrow pudding and Scotch scollops.

*Supper.*

Brawn, pullets boiled and oyster sauce, with minced pies.

*Or,*

Broiled chickens with mushrooms, a hare or wild ducks - with rich gravy sauce, minced pies.





The following TABLES are calculated for the Use of those not conversant in Arithmetic, that they may at one View, either by Market, or when they return Home, reckon what any Thing comes to.

A useful TABLE to be got by heart.

d.		s.	d.
20	}	1	8
30		2	6
40		3	4
50		4	2
60		5	0
70	}	5	10
80		6	8
90		7	6
100		8	4

is

### An Explanation of the Valuation TABLES.

Observe under the words (Value of) a figure of 2; twice one farthing is one halfpenny, and twice one penny farthing is two pence halfpenny.

The last line at bottom 500 farthings is	0	10	5
500 one penny farthings is	—	2	12
The same by any larger sum.			1

RULES

# R U L E S

To be observed

## In Dressing PROVISIONS.

**Y**OU must observe as a general rule, to put all salt meat in cold water, and fresh meat into the pot when boiling; and put salt into the water where fresh fish or greens are to be boiled. A large buttock of beef salted should be washed and soaked some hours before you put it into the pot; bacon the same, and a ham should be laid in soak over night.

Now supposing dinner is to be got ready against a certain time, and you have any of the following dishes to dress; take care your fire is in good order, and put them into the pot, or on the spit, according to the time they will take up, as follows :

*Dishes that require a Quarter of an Hour roasting.*

Partridge, Pidgeons.

*Joints that require Half an Hour dressing.*

Leg of lamb boiled of five pounds.

A small fowl or chicken roasted or boiled.

A rabbit roasted.

Pidgeons boiled.

*Dishes that require three Quarters of an Hour.*

A large fowl roasted.

A rabbit boiled.

A Rabbit Boiled.

*Dishes*

*Dishes requiring an Hour and a Quarter.*

A goose.  
A turkey boiled.

*Joints requiring an Hour and a Half.*

A neck of mutton boiled of seven pounds.  
A breast of veal roasted of ten pounds.  
A neck of veal roasted of nine pounds.  
A leg of lamb boiled of nine pounds.  
A hare.  
A turkey roasted.

*Joints requiring Two Hours.*

Leg of mutton boiled of eight pounds.  
Shoulder of mutton roasted of ten pounds.  
Leg of mutton roasted of ditto.  
Chine roasted of twelve pounds.  
Loin of veal roasted of eleven pounds.  
Knuckle of veal boiled of six pounds.  
Leg of pork roasted of eleven pounds.  
Leg of pork boiled of ten pounds.

*Joints requiring Three Hours.*

Brisket of fourteen pounds.  
Edge bone of twenty four pounds.  
Chump end of a sirloin roasted of twenty four pounds.  
Rib piece of twenty four pounds.  
Fillet of veal roasted of twelve pounds.

N. B. A rump of beef roasted of about eighteen pounds, requires three hours and a half; and a buttock of beef of twenty four pounds takes full four hours; also a ham of sixteen or twenty pounds.

I shall next set down the different names of the joints of meat, &c. for a help to you when sent to market, as persons are apt to forget or mistake them.

## B E E F.

An ox cheek is half the head.

The shin is cut off the veiny knuckle of the fore quarter.

Ribs of beef are cut off the fore quarter.

The sirloin is cut off the chine part of the hind quarter.

Rump of beef is cut off the chine, and joins to the sirloin.

Buttock of beef is the thick piece off the upper part of the thigh.

The edge bone joins to the buttock.

The thick flank comes off one side the buttock.

Brisket comes off the belly part of the ribs.

The veiny part is cut off the veiny part of the thick flank.

Thin flank is the belly piece from the brisket, and comes off the thin part of the thick flank and veiny piece.

Moose buttock is a piece cut from between the buttock and leg.

## B A C O N.

Hock of bacon is cut off the fore or hind leg.

The best is the thin or belly end of the ribs.

## M U T T O N.

The head with the heart, liver and lights.

A shoulder is the fore leg cut from the fore quarter.

A neck, the fore quarter next after the shoulder is cut from it.

A breast, the belly end of the ribs cut from the neck.

A leg cut from the hind quarter.

A loin, the hind quarter after the leg is cut from it.

A chine is two loins not separated.

N B. Lamb comes under the same name, only the neck and breast being commonly together, are called a coast or ribs of lamb.

## P O R K.

Leg of pork is the hind leg cut from the loin.

Spring



Spring of pork is the fore leg.

A fore loin is cut off from the spring.

A hind loin is cut from the hind quarter after the leg is cut from it.

## V E A L.

A calf's head.

Shoulder of veal is the fore leg cut from the neck and B east

Neck of veal is the ribs of the same quarter.

Breast of veal is the belly part of the ribs from the Neck

Leg of veal is the leg cut whole from the loin

Fillet of veal is the leg when the knuckle is cut off.

Knuckle of veal is cut off from the fillet.

Loin of veal is the hind quarter cut off from the leg.

## P O U L T R Y.

A turkey, fowl, pullet, capon, chicken, rabbit, hare, partridge, woodcock, larks, goose, goose giblets, ducks, pidgeon, wood pidgeon.

## H E R B S.

Parsley, thyme, onions, sage, asparagus, turnips, parsnips, carrots, favoys, sprouts, cauliflowers, potatoes, cellery, beet-roots, pot herbs, peas, beans, spinach, salad, cucumbers, artichokes, cadvive.



## O B S E R V A T I O N S

O N

## D I S H E S

To be set on the TABLE.

**S**OUP, broth, or fish, should always be set at the head of the table; if none of these, a boiled dish goes to the head, where there is both boiled and roasted.

If there be but one principal dish it goes to the head of the table.

If four, the biggest to the head, and next biggest to the foot, and the two smallest dishes on the sides.

If three, the two small ones to stand opposite nigh the foot.

If five, you are to put the smallest in the middle, the other four opposite.

If six, you are to put the top and bottom as before, the two small ones opposite for side dishes.

Observe, though I have called all these dishes, there are many of them, especially side dishes, only sauce, gravy, pickles, sallad, or greens answerable to the season of the year, or nature of the meat. For instance,

To boiled beef, cabbage or sprouts, and carrots with some butter.

To boiled mutton, turnips and capers mixed and a little butter.

To a leg of pork, parsnips and peas-pudding.

To

To boi'ed veal, bacon and greens.

To boiled fowl and bacon, cabbage or sprouts, and carro's.

To boiled fowls, if not bacon, liver sauce.

To roasted fowls, good gravy sauce, and sausages fried for garnish.

To roast beef, mutton, or veal; horse radish, sallad, potatoes or pickles.

To roasted lamb, mint sauce chopped, with sugar and vinegar.

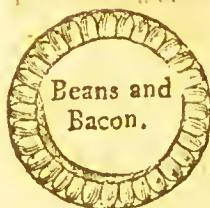
To roasted pork. or goose, apple sauce and mustard.

To salt fish, parsnips, and eggs boiled hard, minced and mixed with butter.

To roasted rabbits, liver sauce and parsley chopped together.

To boiled rabbits, onion sauce, boiled and buttered.


DINNER. Five in a Course.





F R U I T S.


To be disposed after Supper, of Four Dishes.



Cherries.



Pears.

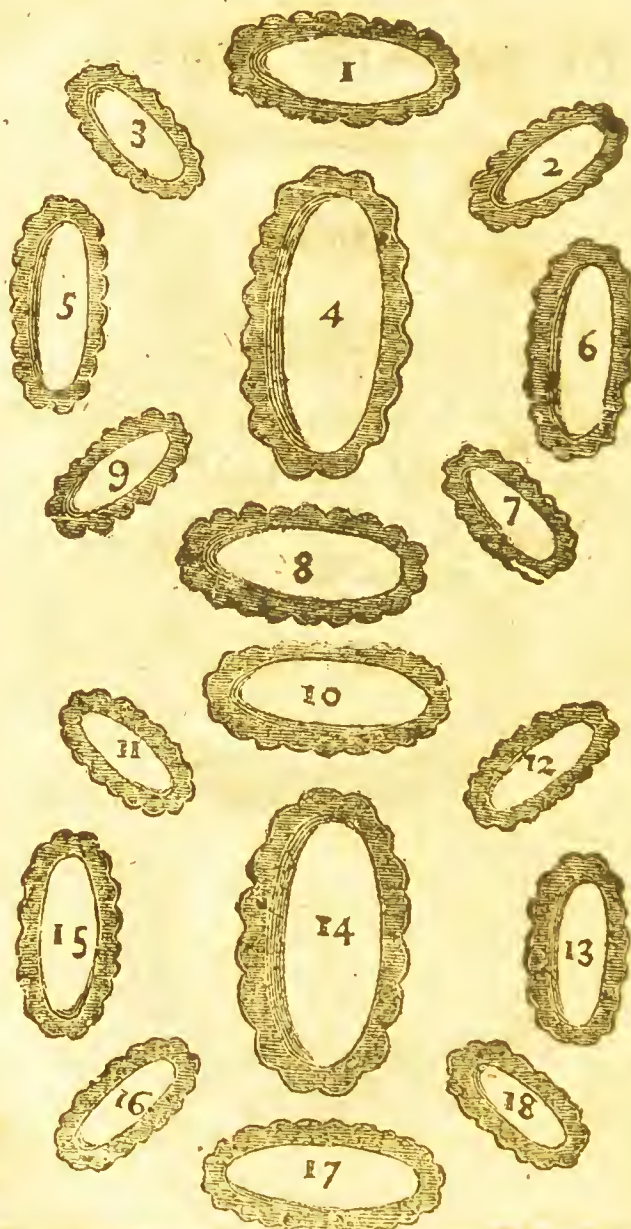


Currants.



Apricots & Plumbs.

A Course of Eighteen Dishes for a ROYAL DINNER at  
St. James's.



- |                                 |  |
|---------------------------------|--|
| 1. Soup a-la-rein               | 10. Rump of Beef dubb'd                |
| 2. Grenadines de veau<br>glasse | 11. Craw Fish                          |
| 3. Calf's Ears cardinal         | 12. Stewed Brocoli                     |
| 4. Cod's Head and Soles         | 13. Raised Mutton Pies                 |
| 5. Petty Patties                | 14. Stewed Carp                        |
| 6. Chickens boiled and roast    | 15. Fillet of Pork with<br>sauc Robert |
| 7. Rhenish Cream                | 16. Quis de Dan with sorrel            |
| 8. Ham roasted                  | 17. Vermicelli Soup                    |
| 9. Greens and Carrots           | 18. Tenderoons de veau                 |

## D I N N E R.

One Dish at a Service, with Furniture.



Leg of Pork boil'd



Pease Pudding.



Greens & Roots,

*How to make Gravy Soup.*

Take the bones of a rump of beef, and a piece of the neck, and boil it till you have all the goodness out of it; then strain it off, and take a good piece of butter, and put it in a stew-pan and brown it, then put to it an onion stuck with cloves, some cellery, endive, and spinach; then take your gravy and put to it some pepper, salt, and cloves, and let it boil all together; then put in sippets of bread dried by the fire, and you may put in a glass of red wine. Then serve it up hot, with a toasted French roll in the middle of it.

*A standing Sauce for a Kitchen.*

Take a quart of claret or white wine, put it in a glazed jar, the juice of two lemons, five large anchovies, some Jamaica



maica pepper whole, some sliced ginger, some mace, a few cloves, a little lemon peel, horse radish sliced, some sweet herbs, six shalots, two spoonfuls of capers, and their liquor; put all these in a linen bag, and put it into the wine, stop it close, and set the vessel into a kettle of hot water for an hour; and keep it in a warm place. A spoonful or two of this liquor is good in any sauce.

*Sauce or Lard for a sweet Pie.*

Take some white wine, lemon juice, or verjuice, and some sugar; boil it, then beat two eggs, and mix them well together, then open your pie and pour it in. This may be used for veal or lamb pies.

*Very good Sauce for roasted Meat.*

Take an anchovy, wash it very clean, and put to it a glass of red wine, a little strong broth or gravy, some nutmeg, one shalot sliced, and the juice of a Seville orange; stew these together a little, and pour it to the gravy that runs from the meat.

*To make Gravy an easy Way.*

Take some neck-beef cut in thick slices, then flour it well and put it in a saucepan with a slice of fat bacon, an onion sliced, some sweet marjoram, and some pepper and salt; cover it close, and put it over a slow fire, and stir it three or four times, and when the gravy is brown, put some water to it, stir it together, and let it boil about half an hour; strain it off, and take the fat off the top, adding some lemon juice. This gravy is fit for all brown sauces.

*Gravy for white Sauce.*

Take part of a knuckle of veal, or the worst part of a neck of veal; boil about a pound of this in a quart of water, an onion, some whole pepper, six cloves, some salt, a bunch of sweet herbs, half a nutmeg sliced; let it boil an hour, then strain it off and keep it for use.

*A ch ap Gravy.*

Take a glass of small beer, a glass of water, an onion cut small, some pepper and salt, and a little lemon pee grated, a clove or two, a spoonful of mushroom liquor, or pickled walnut liquor; put this in a bason, then take a piece of butter, and put it in a saucepan then put it on the fire and let it melt, dredge in some flour, and stir it well till the froth sinks, and it will be brown; put in some sliced onion, then put your mixture to the brown butter, and give it a boil up.

*A Gravy for a Pasty.*

Break the bones of the meat to mash, then put them into a pan with a pint of claret, a quart of water, a little whole pepper, mace and salt; brew into it eight ounces of pure sweet butter, then strain it, and pour it into the pasty when both are hot. This gravy is enough for fourteen pounds of flour.

*A Lear for savoury Pies.*

Take claret gravy, oyster liquor, two or three anchovies, a faggot of sweet herbs and an onion; boil it up and thicken it with brown butter, then pour it into the savoury pies when called for.

*A Lear for Fish Pies.*

Take claret, white wine and vinegar, oyster liquor, anchovies, and drawn butter; when the pies are baked pour it in at the funnel.

# D I R E C T I O N S

F O R

## Managing and Breeding of Poultry to Advantage, &c.

**T**AKE particular care to keep your hen-roost quite clean; do not chuse too large a breed, they generally eat coarse. You may keep six hens to a cock. When fowls are near laying, give them rice whole, or nettle seed mixed with bran, and bread worked into a paste; in order to make your fowls familiar, feed them always in one place, and at particular hours.

Take care to keep your store house from vermin; contrive your perches not to be over one another, nor over the nests, which always take care to keep clean straw in.

When you design to set a hen, as you will know the time by her clucking, do not put above ten under her. March is reckoned a good month to set a hen in, but if they are well fed they will lay many eggs and set at any time.

Wherever poultry is kept, all sorts of vermin naturally come. It would be well to sow wormwood and rue about the places you keep them in, they will resort to it when not well; and it will help to destroy fleas. You may also boil wormwood and sprinkle the floor therewith.

As to rats, mice, and weasels, traps should be always kept for them, or you will never have any success.

### D U C K S.

Usually begin to lay in February; if your gardener is diligent in picking up snails, grubs, caterpillars, worms, and

and other insects, and lay them in one place, it will make your ducks familia, and is the best food you can give them. Parsley sowed about the ponds or river they use, gives their flesh a pleasant taste; be sure to have a place for them to retire to at night. Partition off their nests, and make it as nigh the water as possible, and always feed them there, it will make them love home, being of a roaving nature.

Their eggs should be taken away till they are inclined to sit; it is best to let every duck sit upon her own eggs; the same by fowls.

### G E E S E.

The keeping of geese is attended with little trouble, but they spoil a deal of grafs, no crea ure caring to eat after them. When the goslings are hatched, let them be kept within doors. Lettuce leaves, and pease boiled in milk, are very good for them. When they are about to lay, drive them to their nests and shut them up, and set every goose with its own eggs, always feeding them at one place, and at stated times.

They will feed upon all sorts of grain and grafs; you may gather acorns, parboil them in ale, and it will fatten them surprisngly.

### T U R K E Y S

Require more trouble to bring up than common poultry: the hen will lay till she is five years old. Be sure always to feed them near the place where you intend they should lay; in other respects they may be managed as other poultry.

They should be fed four or five times a day, being great devourers; and when they are sitting, must have plenty of victuals before them, and also kept very warm.

To fatten them, you must give them sodden barley, and sodden oats for the first fortnight. Cram them as they do capons.

### P I G E O N S.

If you chuse to keep them, (being hurtful to your neighbours) take care to feed them well, or you will loose them all; they are great devourers and yield but little profit.

Their



Their nests should be made private and separate, or they will always disturb one another. Be sure to keep their house clean, and lay some hemp seed amongst their food, they are great lovers of it.

### *Tame R A B B I T S.*

Are very fertile, bringing forth every month ; so soon as they have kindled put them to the buck, or else they will destroy their young.

The best food for them is the sweetest shortest hay, oats, and bran, marsh-mallows, south-thistle, parsley, cabbage leaves, clover grass, &c. always fresh. If you do not keep them clean, they will poison themselves and the person that looks after them.

### *Feeding and Cramming Capons.*

The best way to cram a capon is to take barley meal reasonably sifted, and mix it with new milk, make it into a good stiff dough paste, then make it into long trams, or rolls, biggest in the middle, small at both ends ; and then wetting them in luke warm milk, give the capon a full gorge three times a day, morning, noon, and night, and he will in two or three weeks be fat.



A  
C O M P L E T E  
I N D E X

For the immediate finding what is wanted.

*Useful directions for marketing*  
*&c.*

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 To chuse hams  
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 To chuse butter

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 To chuse cheese  
 To keep eggs good  
 To chuse poultry  
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6

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 Pike  
 Trout  
 Carp  
 Tench  
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